MINUTES

USD 227 Wellness Committee

11-5-2019 | 12:00pm |

# **In Attendance**

***(present at meeting X, absent at meeting left blank)***

| X | Doug Chaney | X | Katie Olson | X | Janelle Robins-Gaede |
| --- | --- | --- | --- | --- | --- |
| X | Susan McKibbin | X | Austin Ruff | X | Christina Cohoon |
| X | Jennifer Goebel | x | Cheri Ruff |  |  |

# **Agenda Items and Discussion**

Introductions

Wellness Policy Information

* Every 3 years—wellness consultant visits
* Meetings are held twice a year; minutes are posted (ideally in June and September)
* Need to review our guidelines every year
  + In the September meeting, look at policies we selected as developing and choose 1 or 2 to work on for the next school year
* Access Wellness Guidelines from [www.kn-eat.org](http://www.kn-eat.org) to write a Hodgeman County Wellness Policy
* Complete the online form and a policy will be generated through data central on KSDE
* Wellness Policy must be made available to the community
* USD #227 will post on school website
* Wellness policies for preK-6th, 7th & 8th, 9th-12th
* Check with school board for approval of our wellness policy

Nutrition and Smart Snacks Guidelines

* Ask Pepsi for labels of all beverages served in vending machines; same for if we were to start offering snacks from vending machines
* 2nd chance breakfast @ grade school to accommodate students who are late

Classroom Education Opportunities

* JH/HS FACS program
* GS PE nutrition education
* Sign up for free resources @ [www.kn-eat.org](http://www.kn-eat.org)
* State Conference @ KU October 2020
* KAY Activities @ HS
  + Grant opportunities for water bottle filling stations
* Relationship building @ JH/HS; seminar opportunities
* Brain Breaks @ GS

# **Next Meeting**

Date, Time, Location: TBD

Look at policy guidelines and current wellness policy and practices