

**Van Buren Community School District  
Wellness Committee  
Thursday, April 16<sup>th</sup>, 2015  
5:00 to 6:00 p.m.**

**MINUTES**

Present: Gayle Hervey-District Food Service Manager, Gwen Pedrick-Elementary Teacher, Kim Steele-Blair-Community Member, Mary Dawn Schuck-Curriculum Director, Nancy Dewes-K-6 Guidance Counselor, Sara Sprouse-K-12 School Nurse

**I. Reviewed minutes from Fall meeting**

**II. Wellness Policy-Update/Monitor**

Morning announcements-added a daily healthy announcement  
Twitter-retweet health-related information

Discussed addressing water availability in classrooms in policy? Some staff still prohibit water in classroom. Group suggested “work with staff towards making water available at all times” as wording to add to policy. Also discussed limiting beverages to water only.

**Building Wellness Committees**-committees have completed assessment, Sara is working on final report. The report will be posted on the website. Will then need to meet during 2015-2016 school year to make a plan and implement, and 2016-2017 school year implement and evaluate. Assessment needs to be completed at least every 3 years.

**III. Farm to School/School Garden**

October 23<sup>rd</sup>-Sara attended a webinar

2<sup>nd</sup> grade has planted potatoes and onions. Radishes, lettuce, and spinach will be ready to pick and eat before last day of school.

MS/HS will be meeting next Friday, April 24<sup>th</sup> to plant.

Gayle completed a F2S survey and also has some information that suggested inviting local growers to visit during lunch and serving what they grow on the menu.

Gayle would also like to serve corn on the cob-discussed having a corn shucking contest, may be during Homecoming and then serving the corn for lunch.

Gayle also has a goal of increasing the amount of locally grown produce served next school year.

Kim has a new Hot Box for the elementary. The 2 that are currently at the school are falling apart and not able to be used. Tim and Kim will bring to the elementary soon to install!

Discussion was held regarding Davis County School District using parents and flash freezer to prepare produce during the summer months. Hopefully after the remodel project is completed, that may be an option that we could do as well.

#### **IV. Fuel Up To Play 60/Team Nutrition Grants**

Fuel Up To Play 60-MS/HS –taste-testings-Holiday smoothies and strawberry fruit burst squeezers. Bikes are being used in classrooms.

School Wellness \$500 mini-grant-Wellness Newsletter sent out Jan-May 2015, via SchoolMessenger, with overview of wellness policy, a wellness policy brochure was also created targeting parents and community members, and students were photographed for new framed posters to hang in the cafeteria. Dave Barnes has several fundraising ideas-calendars, etc. using pictures of students/school activities.

CSPAP/PAL training/1305 School Health Grant-\$2500 Water Availability and \$2000 Physical Activity. Outdoor water bottle filling station has been purchased for stadium, as well as, a sign to be placed near the station, and water bottles to distribute to all staff and students. CSPAP-team of staff created, pilot at MS this year, did presentation on CSPAP for MS staff at PLC, encouraged more “brain breaks” in the classroom, participated in LHIK with staff as team captains, Mr. Hurley had “Fitness Fridays” during PE-agilities, relays, weight lifting, and yoga were some of the activities, an agilities club was started for all ms/hs students, conducting survey with students, parents, and staff. Mary Dawn suggested using Google Survey or send out a paper survey and send a reminder via school messenger-can still enter answers to be tabulated. Other suggestions included entering students names in a drawing if they return their parent’s survey.

Next year, we plan to:

- \*Educate high school staff about CSPAP and implement the program in 7-12<sup>th</sup> grade.
- \*Create a physical activity guide as a resource for all teachers.
- \*All students will participate in PA in at least 1 classroom daily.
- \*Analyze participation in physical activity club.
- \*Continue participation in Live Healthy Iowa Kids program (7-12<sup>th</sup> grade).
- \*Utilize fitness assessment to assist middle school students in creating individualized fitness plans.

\*Use activity monitors to monitor progress with fitness plans.

The school has not received the \$2000 Physical Activity incentive money yet and will need to look into whether it needs spent by June 30<sup>th</sup>.

HUSSC Award assembly was held today at each school-the MS/HS received the bronze award and \$500 and the elementary received the silver award and \$1000. The certification lasts 4 years and we can continue to build on what we are doing to receive a higher award next time.

Mary Dawn talked about a program similar to Mighty Milers that her grandson participates in...they receive a necklace with small plastic feet to put on the necklace as awards. The local hospital Mary Greeley sponsors the program and includes lower elementary students.

Gwen suggested using future grant funds to provide healthy snacks along with nutrition education to Kindergarten-since they already have a daily snack in the afternoon. Sara will also talk to Kaeal, 4-H Coordinator to see if they have funding or plans to do a healthy snack program.

#### **V. Student Wellness Council/Super Power Summit**

3 Student Wellness Council members attended the Super Power Summit on November 13<sup>th</sup> in Indianola with Mr. Hurley. SWC meets monthly and assisted with taste-testings and served as our focus group for feedback regarding CSPAP

Students at the Super Power Summit got to ride a “blender bike” to make smoothies. Discussed would be fun to see if we could borrow the bike or find out how to make one.

#### **VI. Next Step Challenge/Biggest Loser/Live Healthy Iowa**

Next Step Challenge Final Results-

Admin-4 members-1,231,734 steps, 616 miles

Douds-6 members-312,008 steps, 156 miles

Keo-3 members-599,196 steps, 300 miles

10 staff participated in LHI (3 at elem,7 at ms/hs)

Mary Dawn reports that she liked the Next Step Challenge better because of the way it worked with her FitBit. Sara also liked the Next Step Challenge more than LHI.

Gwen suggested assisting staff with writing a fitness plan for themselves as part of our employee wellness program.

## **VII. Healthy Villages/Healthy Concessions Stand Project**

Melissa has delivered bike racks and display baskets to both schools. Decals/walking path were put in place at the elementary this month.

## **VIII. Other**

One of the Keosauqua salad bars was moved to the elementary-will be used with 3-6<sup>th</sup> grade students and all staff.

Water bottle filling station to be installed in Elementary with HUSSC award

Summer Food Program-Dr. Ewell and Gayle will meet with volunteers next Wednesday, April 22<sup>nd</sup>.

The Summer Food Program will be 9 weeks during June and July, 5 days a week, lunch only, food served with be cold.

Still need volunteers for Keosauqua.

Will be distributing lunches in the following towns: Stockport, Birmingham, Milton, Douds, and Keosauqua.

Discussed need to educate/assist parents on applying for Free and Reduced Program.

Ideas included:

Having a booth at the Kids Fair to schedule times to assist parents with the paperwork at a later date at the school, or if internet access was available, could do it that day.

Look for educational material regarding how parents and the school benefit from the free and reduced program...check the USDA website and Department of Education for information.

## **IX. Next Meeting**

Fall 2015

## **X. Adjourn**