

**Van Buren Community School District  
Wellness Committee  
Thursday, October 22, 2015  
6:00 to 7:00 p.m.**

**Minutes**

**Present: Melissa Daugherty-Healthy Villages, Gayle Hervey-VB Food Service Director, Sara Sprouse-School Nurse**

**I. Wellness Policy and Building Assessment Review**

Committee felt it would be important to address in policy:

-April 1<sup>st</sup>, 2015, Governor Branstad signed House File 570 into law. It allows public entities, such as schools, to open their facilities to their constituents for community use and offers increased liability protection.

-water availability/promotion of water in classrooms (discussed at April meeting and will propose adding this to the policy to the school board)

Discussed setting specific times during the school year to present proposed policy updates to the school board. The committee decided twice a year after the Fall and Spring Wellness Committee meeting would be appropriate. Tentatively, proposed updates will be sent to the board in November and May.

Copy of Committee Vision and Mission was given to those present to review.

Discussed possible community members to invite to become a member of the committee: Shawn Peck, Ag teacher/FFA sponsor

Jayne Wells, school board member

Head cooks from the Elementary and MS/HS

Discussed creating a Google Site to link staff, students, parents, and community members to Wellness Resources. The CSPAP Team and MS Student Wellness Council will be working on this project.

**II. Farm to School/School Garden**

Watermelon was successfully grown in the raised beds at the MS/HS this year and was served at the elementary and MS/HS. Gayle reports that the students really liked the watermelon. Strawberries were also grown and popular during softball season. Tomatoes and flowers were also grown.

Tomatoes, lettuce, and spinach were grown at the elementary. Currently, Mrs. Wells' class has planted green beans in the new hot boxes.

PreK teachers have expressed interest in using the greenhouse.

Mr Peck, Ag teacher and FFA sponsor has shown interest in the raised beds, he has been collecting seeds for next year.

### **III. Fuel Up To Play 60/Team Nutrition Grants/1305 School Health/HealthierUS School Challenge**

FUTP 60-\$4000-Application will be sent by Nov. 4<sup>th</sup>. Based on priorities determined by the MS Student Wellness Council, the funds would be used to purchase a Blender Bike, smoothie ingredients, pedometers, and safety vests for walkers.

Team Nutrition-A mini-grant is available for \$500 d/t students attending the MS Super Power Summit...members of the MS Student Wellness Council are in the process of determining how they would use the funds. The application is due 10/29/15. Discussed using these funds for breakfast promotion. Gayle stated purchasing another chafing dish would allow food service to offer more variety and allow students to serve themselves, which has been a successful approach this year.

1305 School Health Grant-This is year 3 of the grant. Funds available are \$2000 for Nutrition and \$2000 for Physical Activity. Last year funds were used to purchase stability balls for Mrs. Donald's classroom and Frisbee Golf Equipment for Mr. Hurley's physical education classes. Both teachers have expressed that the equipment has been well received by students and they enjoy using it. This grant requires the district to implement a Comprehensive School Physical Activity Program (CSPAP) and it was piloted in the MS last year. This year the CSPAP team will continue to meet and plan the implementation in the HS. Sara will give a presentation to staff soon regarding the program.

Delta Dental Pilot Program-Delta Dental has funds available to schools to install Water Bottle Filling Stations, the only requirement is the water must be fluoridated. We are in the process of completing the application process to get a station for the old building at the elementary.

HUSSC funds-Elementary funds were used to purchase 1 water bottle filling station that was placed in the hallway outside of the gym in the newer building. We were just notified yesterday that the USDA has not distributed the funds yet but will do so soon.

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

Three 7<sup>th</sup> grade girls attended the Super Power Summit on October 13<sup>th</sup> in Granger, Iowa at Jester Park. The students enjoyed the day and brought back many ideas for wellness activities at school. The Student Wellness Council has met 3 times and attendance has increased. Today, the meeting was held during 2<sup>nd</sup> intervention and there was a good mix of 7<sup>th</sup> and 8<sup>th</sup> grade students and girls and boys. During the meeting, Sara had them rank their wellness

activity priorities based on ideas that were brainstormed in a previous meeting. The top 5 priorities are: Purchasing a Blender Bike, using the Diabetes Busters program to do peer teaching, obtaining pedometers to use for a walking club or challenge, breakfast promotion, and the school garden.

Sara surveyed middle school students regarding physical activity at home and at school to compare to the same survey administered Spring 2015 and again in Spring of 2016 to evaluate the CSPAP program. Middle school staff was given a survey in Spring 2015 and will be asked to repeat it Fall 2015 and Spring 2016. Also discussed sending a survey out to high school students and staff.

**V. Next Step Challenge/Live Healthy Iowa**

School teams were not formed this year for the next step challenge.

Discussed offering wellness screenings to staff and help set fitness goals. Melissa suggested doing this to Kickoff Live Healthy Iowa in January. Melissa said that the hospital will do worksite wellness panels (about 40 different lab tests) for \$20. Sara would also like to see if Public Health would be available to provide immunizations/boosters (Tdap, MMR, etc.) to interested staff.

A tentative date of Friday, January 22 during the teacher work day was set for the Wellness Screenings.

**VI. Healthy Villages**

Open Houses will be held for Fitness Centers, Melissa will give us flyers to promote.

Planning on a Geocaching event in the Spring and would like to use the school's geocaching equipment that was purchased for Summer Enrichment.

It is time for the county to complete its' Community Health Needs Assessment. A survey has been developed to obtain community input. Melissa has sent Sara the survey to send to staff to complete and will be at parent-teachers conferences to give the survey to parents.

Food Pantry Bags-The grocery store in Bonaparte has partnered with the Bonaparte Food Pantry. Food Pantry volunteers are going to fill bags at the store with supplies that are needed and have available for customers to purchase for \$5. Food Pantry staff will even pick up the bags and take to the pantry.

**VII. Other**

Vending Machines-Mr. Peck/FFA will be stocking the 2 vending machines. Information has been given to him regarding the Smart Snacks law and examples of food items that pass the calculator.

Discussed possible future uses of the Blender Bike as a fun activity or even a fundraiser at community events including: Farmers Market, Kids Fair, After Prom, etc. If funds are not obtained through the FUTP 60 grant, Melissa suggested applying for a Van Buren Foundation Grant or Hoaglin Grant. Sara will contact Jon Finney if/when needed.

A group of women in Douds have expressed interest in the past to use the gym to walk in the mornings. Sara will follow-up to see if this is possible, especially after discussing the new law regarding liability protection to schools when allowing community members to use school facilities.

**VIII. Next Meeting**

Spring 2016

**IX. Adjourn**