

## VB Community School District Wellness Committee

Thursday, May 2nd, 2019

### Meeting Minutes

In attendance: Carry Holtkamp, Bonnie Watson, Gayle Hervey, Kris Rankin, Rose Rankin

1. Review of last year's meeting (1/18/18) minutes
  - a. Need to make 4 allergy warning signs for the concession stands
  - b. Presentations with elementary classes about allergies
  - c. Educate staff that candy should not be used as a reward
2. Gayle Hervey – Dietary Update
  - a. Dietary Dept. proceeding into consolidation
    - A. Trying to do the same menus for each center
    - B. Harmony is utilizing their salad bar in effort to standardize VB/Harmony operations
    - C. Going to try to do Grab and Go option for breakfast next year
    - D. Going to try to get fresh fruit/vegetables for afternoons
    - E. Douds is getting a walk in freezer
  - b. Summer Food Program
    - A. Will last 3 weeks this year
    - B. Info was sent to the newspapers
    - C. Leslie has fliers to distribute to students
3. Kris Rankin- YLC and SAFE Coalition update
  - a. Active year with Day on the Hill, October Training, and ISTEP Summit (tobacco education)
  - b. Students have participated in sporting event education and lunch and learn tables.
  - c. Results of Iowa Youth Survey were shared (30 day use and infraction information)
4. Amanda Payne- Healthy Villages Update
  - a. City of Keosauqua received 5-2-1-0 Healthy Choices Count grant (focuses on nutrition and physical activity)
  - b. Grant funds have purchased:
    - A. Food storage containers for MS/HS salad bar
    - B. Food warmer bags for summer food program and Keosauqua preschool
    - C. Recess equipment and games for VB and Harmony Elementary schools
    - D. Yard games are also available at Hotel Manning for community to borrow and use in the park.
5. Bonnie Watson- Update from Jump Rope for Heart/Elementary P.E.
  - a. P.E. is on a 3 day rotation
  - b. Runner's club after lunch (run laps or walk)
    - A. Grades 1-6 may participate
  - c. Jump Rope for Heart is now called Kids Challenge
    - A. Raised almost \$10,000 this year
  - d. Students have been involved in local track meets

- A. VB youth track meet put on by VB Sports Boosters was a success with help from the H.S. students and many volunteers.
    - B. Live Healthy Iowa track meet in Fairfield is coming up on 5/14/19
      - I. It is a free event that requires no special equipment
  - e. Just finished pre and post fitness training
  - f. 5<sup>th</sup> and 6<sup>th</sup> grade are working on fitness logs
  - g. Fun Day is scheduled for 5/28/19
    - A. Would like to recruit Seniors to run stations
- 6. Immunizations:
  - a. Had deficits in both buildings.
    - A. 1 student at elementary and 5 students at MS/HS
  - b. Deadline was made and exclusion would have been the end result.
  - c. ALL students now in compliance
  - d. Letters sent out in March to remind incoming 7<sup>th</sup> and 12<sup>th</sup> graders of requirements and encourage vaccinations over the summer
- 7. MS/HS Staff Weigh Loss Challenge:
  - a. 14 staff participated in 10 wk. challenge running from Jan-March
  - b. Winner lost 14% of total body weight
- 8. Parent Concerns:
  - a. Amount of sugary snacks (candy/baked goods) being given out by bus driver.
    - A. Discussed the possibility of this issue being a part of all staff training at the beginning of the school year
- 9. Assessment of existing wellness policy
  - a. Required every 3 years, review is expected for 2020
  - b. Wellness Policy Checklist was completed and we are in compliance with all areas (will post on the website)
  - c. Some areas of the written policy are not being fully implemented as written.
    - A. Nutrition education and promotion will occur in ALL classroom instruction.
    - B. District discourages withholding opportunities for physical activity as a means of punishment. (P.E. or recess)
    - C. Provide parents a list of acceptable treats that meet the school districts snack standards and ideas for healthy celebrations/parties.
    - D. Encourage snacks brought from home to be commercially prepared, pre-packaged items with nutrition labels intact to protect students with food allergies, or uncut fresh fruits/vegetables.
    - E. Promote/market healthful behaviors including sale of fruit or non-food items for fundraisers.
    - F. Staff wellness committee composed of at least one staff member, a health professional, and employee benefits specialist to develop, promote, and oversee a plan for staff health and wellness.
  - d. Discussed possible barriers to implementation and working toward full implementation in the coming school year.
  - e. How do we want to move forward with findings? Change practices or update policy?

- a. Policy was created with language that is required for school wellness policies in the state of Iowa. Most likely we will need to work toward full implementation to be compliant with Iowa requirements.
- f. Language needs to be changed in upcoming policy revision
  - i. SMI/SHI does not exist and needs to be replaced with Child Nutrition Administrative Review

10. Next meeting – Fall 2019

- a. Consolidation of wellness committee members with Harmony
  - A. Mrs. Watson will speak with Mr. Hill from Harmony to see what their Wellness Policy and Committee look like.
- b. Begin work to update policy

**Thank you for your time & efforts towards wellness!**