

WELLNESS COMMITTEE AGENDA

2022/2023

2021/2022 Review Items

- 2022 Meeting Minutes
- “Every Student Eats Free” meals program ended resulting in reinstating of meal charges. Started making available cheese, crackers, and fruit at the concession stand during girl’s track meet.
- PrimeroEdge School Nutrition Software
 - No dietary issues.
 - Student food allergy information that had previously been entered carried over resulting in only new student/new diagnoses being manually entered.
- New Health curriculum was purchased.

2022/2023 Department Informational Updates

1. Dietary Department
2. Nursing Department
3. Physical Activity
4. Administration
5. Public Concerns/Comments
6. Current Wellness Policy
 - Last reviewed by board May 19, 2022, (first reading) and 6/15/2022 (approved updated language.)
 - Triennial Assessment was completed 1/23/23. Copies of required documents will be sent to the district office.
 - Record current meeting minutes. Provide copy of minutes to Lisa to be posted on VB District website, including committee attendees, along with their titles.
 - Copies of current member list, meeting announcements, and other pertinent information to be kept on file.

VBCCSD Wellness Committee

Wednesday May 17, 2023

Meeting Minutes

In attendance: (meeting held via Zoom and in person)

Justin Hill, Brenda Hendrichsen, Bonnie Watson, Gayle Hervey, Holly Strait, MaryDawn Schuck, Jeremy Hissem, William Cline, Brandon Stuhr, and Jonathon Strait

1. Review of 2022 meeting minutes.
 - a. PrimeroEdge software
 1. Gayle Hervey—No current issues with the system. Has been reviewing information with Brenda Hendrichsen RN. Looking into getting Brenda an account set up.
 2. Holly Strait—continuing to enter student allergies in manually, due to the program not being able to pull from Powerschool. This will need to be updated annually with new students to the district or current students who are newly diagnosed. Nursing is also unable to enter a custom allergen. If the allergen is not available in the list, customer support has to be contacted. They will enter into the drop down menu.
 - b. New health curriculum began this year. No issues currently.
 - c. Meal charges were reinstated this year due to the ending of “Every Student Eats Free” program.
2. Dietary—Gayle Hervey
 - a. The 5 year review will take place next year. This will include the current wellness policy.
 - b. Hoping to continue with the salad bar for all 3 centers next year.
 - c. Trying some healthy choices for the concession stand. There is an issue with not enough refrigeration space.
 - d. The application for the fruit/vegetable grant has been submitted.
 - e. The summer food program will run during the month of June. Pick up will be every Monday.
 - f. Looking into next year providing a “grab n go” option with drink for purchase for those students that will leave school early due to scheduled activities.
 - g.
3. Nursing—Holly Strait
 - a. The new AEDs have arrived and replaced all outdated models.
 - b. There has been a decrease in the number of students taking advantage of free services offered throughout the school year such as, ISmiles and Iowa Kidsight. Suggested having permission slips available during registration.
 1. Iowa Kidsight/Lions Club—Vision Screenings were offered to Prek and K.
 2. ISmiles—Dental sealants, dental screenings, and fluoride Varnish were offered to grades 2, 3, and 6.

Nursing Cont—Brenda Hendrichsen

- c. Nursing recognizes that the enrollment process is a difficult one regarding completion of some of the forms, the nursing staff will continue to work with administration to explore ways to increase response and accuracy of health information.
4. Physical Activity
 - a. Bonnie Watson Douds/Harmony Elementary Centers
 1. October students participated in the Fall State Walk.
 2. Students participated in the Ninja Challenge in lieu of the Kids Heart Challenge.
 3. Students participated in the Youth track meet.
 5. Fun day/Go the Distance was scheduled May 15 at the Douds Center and May 16 at the Harmony Center. Everything went well.
 6. PE curriculum requirements are being met.
 - b. Justin Hill MS/HS
 1. PE curriculum requirements are being met. No current issues or big adjustments.
 2. Would like to look into expanding on the HS curriculum.
 3. Brian Johnson (Per email—unable to attend meeting) is still interested in providing protein for students in Weight Lifting class post work out. Waiting until the new weight room is completed to see if there is space for a locked cooler/frig to make it more convenient.
 5. Administration
 - a. The original District Wellness poster has not been updated since the consolidation. Mr Hissem requested the nurses lead this project.
 - b. Discussed the possibility of adding medical services permission forms to registration but due to the number of forms already in place this may not be best option.
 - c. Prior to the meeting, Emily Cline Activities Director asked to be removed, as marketing now is being handled by Madison Rushing Director of Student-Family Services and Marketing.
 6. Public Concerns/Comments-None
 7. Current Wellness Policy
 - a. Last reviewed by board on May 19, 2022 (first reading.)
 - b. Board approved update on June 15, 2022. The outdated language (School Meals Initiative [SMI] no longer exists.) Policy was edited to "Child Nutrition Administrative Review." No other updates to the current policy at this time.
 - c. Triennial assessment was completed 1/23/23, as it is due this year.
 - d. Last date of completion 2/20/2020.
 - e. Meeting minutes were recorded and will be submitted for posting on district website.
 - f. Continuing to meet requirements of current members list, meeting announcements, and other pertinent information.

Members in attendance contact information:

Brenda Hendrichsen RN Brenda.hendrichsen@vbcwarriors.org

MaryDawn Schuck Principal Douds Center MaryDawn.Schuck@vbcwarriors.org

Bonnie Watson PE Douds/Harmony Centers Bonnie.Watson@vbcwarriors.org

Holly Strait RN holly.strait@van-burencsd.org

Gayle Hervey Food Services Director gayle.hervey@vbcwarriors.org

William Cline Vice President School Board William.cline@vbcwarriors.org

Jeremy Hissem Superintendent Jeremy.hissem@vbcwarriors.org

Justin Hill PE/Health Justin.hill@vbcwarriors.org

Brandon Stuhr Principal MS/HS Brandon.stuhr@vbcwarriors.org

Jonathon Strait student Jonathon.strait@vbcwarriors.org



Background Information

A local school wellness policy is a written document that guides a local education agency's (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn. The wellness policy requirement was strengthened by the Healthy, Hunger-Free Kids (HHKA) Act of 2010. An assessment of the school wellness policy must be conducted a minimum of once every three years; however, LEAs may assess the policy more frequently. The first assessment is to be completed by June 30, 2020.

Triennial Recordkeeping

This assessment resource is offered as a way to summarize the information gathered during the assessment. It contains the three required components:

- 1) Compliance with the wellness policy
- 2) How the wellness policy compares to model wellness policies
- 3) Progress made in attaining the goals of the wellness policy

LEAs can document the assessment in other formats as long as the three required components are included. Keep a copy of the most recent triennial assessment, school building progress reports and additional supporting documentation on file. These will be needed during a School Nutrition Program administrative review.

Triennial Assessment Summary

The following sections are included in this resource as a tool to document compliance:

- Section 1: General Information and Wellness Committee
- Section 2: Compliance with the Wellness Policy
- Section 3: Comparison to Model School Wellness Policies
- Section 4: Progress Towards Goals

Public Updates

HHKA requires that LEAs make the following available to the public. This can include posting the information on the school website or information on how the public can request copies.

- The wellness policy, including any updates to and about the wellness policy, on an annual basis, and
- The Triennial assessment, which needs to include documentation of progress towards meeting the goals of the policy.

Resources

- [Iowa Sample Wellness Policy](#): developed by Iowa Association of School Boards and Iowa Department of Education can be utilized as a guide when updating policies.
- [Healthy Choices Count 5-2-1-0 Registered Sites](#): the Iowa Healthiest State Initiative has a registration process for schools that includes a questionnaire of current policies and practices. The questionnaire can be used as a tool to review and update the policy.

Local Wellness Policy: Triennial Assessment



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	Van Buren County CSD
Date Triennial Assessment was Completed	1/23/23
Date of Last Wellness Policy Review	6/15/2022
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	Vbcwarriors.org
How often does the school wellness committee meet? Date of last meeting?	Annually May 4, 2022

Designated School Wellness Leader

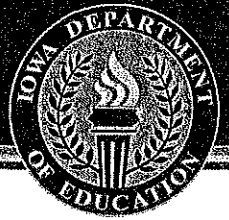
LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Jeremy Hissem	Superintendent	Jeremy.hissem@vbcwarriors.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
MaryDawn Schuck	Principal Douds Center	MaryDawn.Schuck@vbcwarriors.org
Bonnie Watson	Physical Education K-6	Bonnie.watson@vbcwarriors.org
Holly Strait	RN	Holly.strait@vbcwarriors.org
Gayle Hervey	Food Services Director	Gayle.hervery@vbcwarriors.org
Melissa Daugherty	Parents As Teacher/Parent	Melissa.daugherty@vbch.org
Melanie Collora	Principal Harmony Center	Melanie.collora@vbcwarriors.org
William Cline	Vice President VBCCSD School Board	William.cline@vbcwarriors.org
Jeremy Hissem	Superintendent	Jeremy.hissem@vbcwarriors.org
Jonathon Strait	Student	Jonathon.strait@vbcwarriors.org
Madison Rushing	Director of Student-Family Services	Madison.rushing@vbcwarriors.org
Brian Johnson	Physical Education	Brian.johnson@vbcwarriors.org
Brandon Stuhr	Principal MS/HS	Brandon.stuhr@vbcwarriors.org
Justin Hill	Physical Education/Health	Justin.hill@vbcwarriors.org
Brenda Hendrichsen	RN Harmony Center MS/HS	Brenda.hendrichsen@vbcwarriors.org
Emily Cline	Director of Activities	Emily.cline@vbcwarriors.org

Local Wellness Policy: Triennial Assessment



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- √ Nutrition promotion and education,
- √ Physical activity, and
- √ Other school based activities that promote student wellness.

- √ Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- √ Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or incentives).
- √ Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- √ Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the School Wellness Policy Checklist.

Section 3: Comparison to Model School Wellness Policies

The Alliance for a Healthier Generation Model Policy is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
<p>School Meals - Meals served through the National School Lunch and Breakfast Programs will:</p> <ul style="list-style-type: none"> • be appealing and attractive to children; • be served in clean and pleasant settings; • meet, at a minimum, nutrition requirements established by local, state and federal law; • offer a variety of fruits and vegetables; • serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); • ensure that all of the served grains are whole grain; and • offer a "grab-and-go" line for students at the middle and high schools wanting fruit, veggies or healthy snacks that meet the USDA Smart Snacks Standards in place of a regular meal. <p>Foods Sold Outside the Meal</p> <p>Per state and national guidelines, foods and beverages sold outside the reimbursable meal program (including those sold through ala carte lines, vending machines, and fundraising) during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the Healthy Hunger-Free Act of 2010 Smart Snack Standards.</p>	<p>Public Involvement: The District will inform the public of all scheduled meeting dates and times via the school's district website.</p>



Optional Resource:

- WellSAT 3.0: Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

- Use the School Wellness Policy Progress Report to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).



School Wellness Policy Checklist



A local school wellness policy is a written document that guides a local educational agency (LEA) efforts to establish a school environment that promotes students' health, well-being, and ability to learn. Use this checklist to review and update your wellness policy and ensure it meets all requirements as written in *SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation*. As part of the Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services reviews school wellness policies for regulation compliance.

- LEA has current wellness policy. Date it was last updated: 6/15/22
 - Includes goals for nutrition program
 - Includes goals for nutrition education
 - Includes goals for physical activities
 - Includes goals for other school based-activities
 - Includes Smart Snacks in School nutrition standards for all foods and beverages sold at each school during the school day (before school and 30 minutes after school).
 - Includes nutrition standards for foods and beverages, not sold to students, but available throughout the school day (e.g. classroom parties, foods given as reward, classroom snacks, etc.)
 - Includes policies for food and beverage marketing

Wellness Policy Leadership: LEA has designated at least one school official who has the authority and responsibility to ensure each school complies with the policy.
 Name/Title of Designated Leader: Jeremy Hissem Superintendent

- LEA permits involvement of the following individuals in the development, implementation, review, and modification of the wellness policy:
- | | | |
|--|---|--|
| <input checked="" type="checkbox"/> Parents | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> School Food Service |
| <input checked="" type="checkbox"/> Teachers of Physical Education | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> School Board Members |
| <input checked="" type="checkbox"/> School Administrators | <input checked="" type="checkbox"/> General Public | |

Documentation: current committee list, meeting announcements, committee invitations, etc.

Triennial Assessment is completed every 3 years and contains the required components:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness polices;
- Progress made in attaining the goals of the wellness policy

School Wellness Building Progress Report

Informs and updates the public on the content and implementation of the wellness policy including building progress reports.
Documentation: web address, newsletter article, copy of e-mail, completed assessment tools, etc.

School Wellness Policy Resources:

<https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>
 or contact schoolmeals@iowa.gov

Local Wellness Policy Progress Report

School Name: VAN BUREN COUNTY CSD

Wellness Policy Contact: holly.strait@vbcwarriors.org Brenda.hendrichsen@vbcwarriors.org

Date Completed: 1/23/2023

This tool is to document progress in meeting the goals written in the district's wellness policy at each school building. Document steps that have or will be taken to accomplish each goal. In the "Contact Person" column identify the individual who can report on the goals' progress. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of those goals. Add more lines for goals as needed.

Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects	Brandon Stuhr, MaryDawn Schuck, Melanie Collora		X		Nutrition education is part of the health curriculum in each grade level.	To support implementation, will need to explore additional lessons and activities that incorporate nutritional education into math, reading and social studies.
2. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods	Gayle Hervey	X			Being provided on daily basis at all 3 centers.	
3.						

Physical Activity Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school district will provide elementary students K-6 to have 30	MaryDawn Schuck,	X			This is met through a combination of PE, recess,	

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
minutes of physical activity per day.	Melanie Collora				classroom activities, and school/non-school athletics. Extra recess time is available to earn in some classes as reward for positive behavior.	
2. Middle/High School students must have at least 120 minutes of physical activity per week.	Brandon Stuhr	X			This is met through a combination of PE, classroom activities, and school/non-school athletics.	

Other School Based Activities Goals

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Permit students to bring and carry water bottles filled with water throughout the day.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora	X			Students are permitted to carry water bottles. Water bottle filling stations are available at all 3 centers.	
2. Provide opportunities for physical activity to be incorporated into other subject lessons and encourage teachers to provide short physical activity breaks between lessons or classes, as appropriate.	Brandon Stuhr MaryDawn Schuck, Melanie Collora	X			Teachers are encouraged to provide physical activity when possible. Teachers use "brain breaks"	

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (e.g. vending, school stores, etc.)

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. Foods sold outside of the reimbursable meal program during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the USDA Smart Snack Standards.	Gayle Hervey	X			Grab and go options available at MS/HS.	
2.						

Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (e.g. class parties, foods given as reward, etc.

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school will encourage snacks brought from home for school celebrations and other functions to be commercially prepared foods or fresh, uncut fruits and vegetables.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora		X		Teachers are reminded to encourage students to bring commercially prepared and healthy foods. Dietary has smart snacks available for purchase by the public for school celebrations.	Nursing will continue to provide a letter at the beginning of the school year with request for nutritional, commercially prepared, pre-packaged snacks for class parties along with a list of suggestions for parents. Consider posting to social media at the beginning of school year. Place Smart snack list in an easily found location on website.
2. The district encourages the use of non-food items for academic performance or good behavior.	Brandon Stuhr, MaryDawn Schuck, Melanie Collora		X		Teachers are encouraged to use non-food rewards. Warrior stores in the elementary centers have several non-food items available to students.	Include encouragement of bus drivers and support staff as well.

Polices for Food and Beverage Marketing

District Wellness Policy Goals	Contact Person	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
1. The school district will encourage the marketing and promotion of foods and beverages that meet the Healthy Kids Act Nutritional Content Standards and USDA Smart Snack Standards.	Emily Cline Activities Director	X			No snack/pop vending available to students at any center. Nursing obtained appropriate nutritional posters from USDA. These were distributed to all 3 centers.	
2.						

This institution is an equal opportunity provider.