

Dec 11, 2023 | Wellness Committee Meeting

Attendees: Brian Regan, Leslie Levine, Misty Fritz, Margaret Wilson, Erika Haraguchi, Angela Christiansen, Sue Chandler, Jessica Gould, Emily Gustafson

Summary:

Meeting began with a recap of the previous meeting where we established what we wanted to find, what already exists, and where we reviewed our policy. We then discussed some of the big topics that came up from the last meeting with additional information added and developed a plan for gathering data from other school districts.

Handouts:

- Questions from last time with some follow up information
- District's Wellness Scorecard
 - Jessica Gould provided district scorecard from Summer 2022
 - Programs in relation to their impact on the scorecard have remained consistent since then
 - Background of where we are currently/how we're meeting our standards
 - Scorecard is what Nutrition programs are required to complete every 3 years

Notes:

- Committee's Accountability:
 - Oversight committee
 - Will present to the board
 - Can provide our standards/goals
 - Board will hear feedback and can offer support
- Mental Health:
 - We currently have a mental health advisory committee
 - We will leave mental health focus to that committee
 - We will adhere to items on our wellness scorecard
 - Some of our charges may touch on mental health but will tie to the major pillars of our standards
- Healthy, Hunger Free Kids Act
 - Supposed to be updated every 5 years
 - Continuing to move forward, but hasn't been reauthorized
 - Wellness policy would be part of reauthorization
- Reports & Surveys:
 - Learning Services—what we are doing at different levels

- Elementary school principal: wellness that is done at elementary level/Physical Education
 - Jessica Slattery has a good pulse on this and may be able to provide more information
- Needing data from secondary level

Goal Setting

- Creating 1, 3, and 5 year goals
- Recruiting for the committee
- Assessing where we are at
 - Assessing what nutrition education looks like at different grade levels
 - Assessing physical education goals vs. where we are currently
- Policy benchmarks
 - Reviewing wellness policies in other districts to identify gaps
 - Where do we fall among the rest of the state
- Surveys with staff, DAC, PPC to see who offers physical activities (YMCA, etc)
- Identifying subcommittees/community partners to compliment/collaborate with our efforts
- Wellness promotion/marketing
- Collaborating with Mental Health committee
- Website resources
- Community medical information
- Additional funding
 - Identify districts with higher ranked wellness programs for ideas
- Health Department participation
- Understanding our roadblocks

Prioritization:

- Reviewing other districts' wellness policies
- Gathering more data-identifying subgroups/details on nutrition education
 - New LPS Board & Superintendent's focus
 - Nutrition Services promotions tying in with staff wellness
 - DAC Survey
 - Individual schools related clubs/activities
 - Sharing ideas
 - Lunch times
 - Identifying challenges, successes, getting students through the line, identifying participation site by site
 - Climate & Culture Survey results
- Recruitment
 - Identifying
 - Jessica will work with PE teacher to identify student
 - School nurses

- Not contracted with us, but Jessica can find out more information from Melissa
- EPIC Campus students

Action Items:

- Gathering Data from other districts on Wellness Data Gathering spreadsheet
 - ~~Jessica Gould will gather enrollment/FR info for each~~
 - Committee members will take a handful of schools to complete the information on
- Jessica Gould will find out how previous wellness coordinator's position was funded
- Jessica Gould to work with PE teacher to identify student interest
- Jessica Gould to find out from Melissa Cooper about health assistants roles
- Jessica Gould is working on getting Wellness/Behavioral Health survey results