

Nutrition-Physical Activity Annual Meeting

May 25, 2016

7:30 a.m. - District Office

Attendees- Kay Capra R.N. - Meeting chairperson, Gary Puig -District Food Service Director, Dr. Barry Rose – District Superintendent, Sue Rouzer -Cumberland Healthcare Dietician, Kathy Splett -WNEP Coordinator/Educator for Barron/Polk Counties, Krista and Isaiah Patrin -Parent/student representatives for Middle School, Erin and Sloan McCreary-Parent/student representatives for the Elementary School, Jeanette Olsen - Parent representatives for high school (Taylor Olsen - HS student unable to attend meeting), Mary Patrin - Elementary Staff, Jamie Shaffer - District Curriculum Director, Ryan O'Connell- High School PE and Health Instructor.

The meeting was called to order, introductions given and a brief overview of the purpose of our meeting and Nutrition Policy was given.

Reports:

Gary Puig - There are no major changes in the lunch menu for the next school year. Our lunch participation is down in all 3 school buildings since the major revisions to the USDA food program were initiated.

Dr. Rose - stressed the importance of providing healthy meals to our students and is open to new ideas to provide students more opportunities to purchase healthy foods. Our district will continue to work with parents and students to make sure every student has access to school lunch.

Sue Rouzer - Cumberland Healthcare along with Be Well Barron County co-sponsored a program for our 6th graders. The curriculum stressed eating well and moving. The program was well received by the students, they especially enjoyed the zumba and yoga sessions. Plans for next years' class will begin this fall. Sue will also send over some samples of lunch menus she received from Premier. She stressed the importance of micro-nutrients found in vegetables and fruits, that can protect our bodies from disease.

Kathy Splett - UW Ext. was able to provide nutrition classes to our first, third and fourth grade classes this year. The classes are a great foundation from which we can build. Kathy gave examples of how we can use this information to help our students make healthier choices.

Ryan O'Connell - Nutrition education is given a lot of importance in his health classes. The students learn to make healthier choices, not only at home but also when eating out. Comparisons are made between foods to choose the best option. Class projects reflect healthy choices and healthy living.

Taylor Olsen - shared her survey results from high school students. Students would like more options in the daily menu. We discussed ways we could possibly add some a la carte items in the afternoon. Energy drinks were discussed. High calorie, caffeine drinks should be discouraged from our schools. School stores and clubs need to adhere to the nutrition policy. Options should be utilized to try and reduce the amount of processed foods and increase our use of whole foods, such as school gardens, farmers market, etc.

Kay shared BMI data results from this school year. We will use this data for comparison from year to year.