

2017 Wellness Committee Meeting Minutes

June 1, 2017

7:30am

District Office

Attendees: Kristin Olson RN-committee chair/school nurse, Gary Puig-District Food Service Director, Dr. Barry Rose-District Superintendent, Sue Rouzer, RD-Cumberland Healthcare dietician, Kathy Splett- WNEP coordinator for Barron County, Jace Martens-middle school physical education teacher/parent, Jamie Shaffer- district curriculum coordinator/parent, Jeanette Olsen-parent, Jamie Wickstrom- Healthier Cumberland Coalition Coordinator/parent, Jen Snowbank-district media teacher/parent/Fuel Up to Play 60 middle school coordinator/Middle School Store advisor, Reid Olson- high school student, Taylor Olsen-high school student, Addyson Shaffer- elementary student

\*The meeting was called to order, introductions given and a brief overview of the purpose of the committee was given. Further information was given on the need to update our Wellness Policy to meet US Department of Agriculture guidelines by this month.

\*Approval of minutes of 5/26/2016 minutes, motion by Sue Rouzer, second by Jamie Wickstrom

\*Gary Puig reported that breakfast and lunch counts have remained stable over the past couple of years, a continued downward trend since nutrition guidelines were changed. Continued daily offering of salad bar as well as fresh fruits and veggies in all buildings.

\*Kathy Splett reported that based on our free and reduced rate she was able to come into the elementary several time during the spring for nutrition education. This program will also include nutrition education during summer school for 4K and K grade classrooms.

\*Sue Rouzer reported that her Wednesday Wellness class offered to all 6th grade students during 8th hour for 12 weeks Jan-April had a steady attendance with approx 15-20 students. Nutrition and Physical activity education and activities were done.

\*Jen Snowbank reported on the FUTP 60 activities of the school year in the middle school. She also will be changing offerings in the school store to follow the Smarter Snacking guidelines.

Physical Activity:

There was much discussion about continued support of recess and phy ed minutes. Jace Martens reviewed the typical schedule for phy ed in middle school. The importance of physical activity or brain break times as well in elementary and middle school and that many teachers have incorporated these practices.

Kristin will add the FUTP60 program in the elementary school next year and partner with Jen on programming.

Nutrition:

There was discussion about alternate breakfast times, such as second chance breakfast or grab and go breakfast in the high school to offer a more age appropriate meal time for those students. Grant options were shared by Sue Rouzer. Additionally breakfast in the classroom at the elementary level was discussed. These will be looked at in more detail in the future.

Limiting eating to the cafeteria was also discussed, for cleanliness and food allergy safety reasons. Allowing only water in closed containers to be consumed in the classrooms as well.

Discussion regarding food scarcity for some of our students while balancing the national concern of obesity. Careful balance of meeting all student needs. Much thanks to the district for feeding all students regardless of lunch account balance.

Healthier Cumberland continues to support the district with wellness initiatives for adults and students including activity challenges and fruit and veggie tastings at the elementary school.

Goals for this year:

1. Update policy to meet requirements.
2. Explore alternative breakfast and late day fueling options
3. Expand the FUTP 60 programming.

Kristin Olson, RN  
Cumberland District Nurse