

MSD Wellness Committee Minutes April 26, 2010

Committee members present: Jane Beattie, Sue Pohlkamp, Amanda Knitt, Joe Stellmacher, Rubie Mackie (MHS Student Operations), and Ron Mueller

Committee members invited: Beattie Jane; Budnik John; Christman Debra; Kaczor Sara; Knitt Amanda E; Ley Danelle; Mielke Gregory; Pohlkamp Sue; Reuter Nancy; Stellmacher Joe T; Voight Victor

Our meeting date, although scheduled a month in advance, conflicted with several staff responsibilities. Next year we'll try to schedule a meeting mid-March and invite parents. Discussion is reported below.

Student Meetings

Middle School

+ Jane Beattie and Ron Mueller met with grade 7 TA representatives on March 11, 2010 and on March 12, 2010 we met with 28 members of the student council to discuss the hot lunch program. Suggestions both positive and negative were addressed. Students were given a slip of paper to write down something they like and dislike about lunch. Comments will be considered when developing the lunch menu. Students were given an overview of the rules and regulations set by the USDA that we are required to follow in the lunch program. We also discussed the use of commodity foods in school lunch program.

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High School

+Jane Beattie, Ron Mueller and Dennis Kaczor met with the student operations group on March 23, 2010. This group brings suggestions to Jane Beattie through out the school year on new food item and ideas. Their comments are considered when developing the lunch menu and the concession stand foods. They also had questions about a vending machine for after school use.

Elementary School

+Jane Beattie met with Davonne Eldredge on March 9, 2010. Davonne felt that meeting with students at this age level would be difficult so she asked her cafeteria staff for input on the lunches since they work daily with students in the lunch room. They created a list of ideas which we reviewed.

Input from Buildings

-High School had no concerns with the policy and offered the following positives in Wellness this year:

+Again the Wellness Mess continues to be read by staff lots of positives; seems to have made an impact/difference. John Budnik get lots of positive feedback from people so lots must be reading it.

+The Fitness challenge last year had 49 people get shirts, it is at least the 25th year that we have done this and it has either stayed stable or grown over the last years

+This year we will complete the challenge again starting May 1st I anticipate 50 people again although I know it is more who are on again off again

+The impact on overall school health is evident in the halls and around town. We have many staff and students staying active year round. The Fitness center has been utilized lots this year the halls are full of community walkers as well as the track on weekends

+Community programs like Zumba and Aerobics have lots of people signed up.

+Weight room has had an increase of student participation

- +Students seem to be drinking more milk and water and water subs far less pop in the halls over the last few years again kids will only buy what is available and (popular)
- >Set up DONATION hot lunch account for families in need.

-Middle School staff have noticed students taking a more active role in wellness. They are requesting physically active reward challenges (vs. just watching a movie), asking for healthier lunches (teaching them to do this in an appropriate way is part of our job and a great skill for them to obtain), and appreciating healthy snacks when they are offered.

Note the following positives (+) and concerns (-):

+Ongoing building goal defining monthly activities to promote wellness and healthy choices.

+all MMS students will participate in **Shape Up Badger State Kids Day** on May 5.

+nutritional and wellness tips were being included in grade-level newsletters.

+staff were requesting parents to choose healthy snacks/treats for their children.

+4/5 and 6-8 Wellness/Hobby Days

+6th grade Health curriculum

+Red Ribbon Week (February 2-11) to emphasize alternatives to AODA abuse.

+7th grade Wellness activities emphasized on last day of school

+TA team activities

-junk food day/rewards still used for students motivation.

-candy sales after school and cookie sales during/after school.

-cookies sales still exist and are a major 6th grade fund raiser. Limits have been placed on individual purchases.

-holidays such as Halloween, Valentine's Day, etc. brings a great deal of candy into school.

-The MSD Wellness policy states that K-5 students will not miss more than two recess periods in a week due to incomplete class work. The concern is that students are recommended have 30 minutes of "activity" daily. Loss of recess does happen on a limited basis.

> Two food drives held (proceeds to Circle of Joy).

>Set up DONATION hot lunch account for families in need.

>Staff wondered if we should ban energy drinks. Staff do discourage energy drinks. It should be noted students are observed being dropped off at school on a regular basis with coffee and energy drinks in hand.

-Elementary School:

> ES staff wondered if a line could be added to healthy snack choices giving teachers discretion to determine what snacks are allowed into their classrooms. We agreed that needs to be a building decision.

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MSD Board Policy

-added to #1 (par. 3): The 9th grade health course includes a sex education segment which is taught in accordance with ACT 134 of WI Statute 118.019 (amended 2/2010).

-The committee recommends we eliminate 13 b. *Water bottles must be clear and have secure caps.* Water bottles including those made of metal are a common occurrence in classrooms; being clear doesn't guarantee the contents will be free of banned substances. Staff should encourage students to use reusable water containers and to clean them on a daily basis.