

MSD Wellness Committee Minutes 7:20 a.m. April 17, 2014

Committee members present: Jane Beattie, Deb Christman, Bill Franklin, Bridgett Gelling, Lori Hodgson, Sara Kaczor, Jessica Novitzke, Sue Pohlkamp, Ann Robison, Vic Voight, Don Winter, Ron Mueller

AGENDA

1. Meeting called to order
2. Approval of the Agenda
3. Approval of the Minutes
Not addressed due to time constraints
4. New Business:
 - a. Review mission of MSD Wellness Committee
The MSD Wellness Committee reviewed the current Wellness policy as it relates to pending federal guidelines (especially Smart Snacks in School). The policy was updated and a draft forwarded to the committee and other staff who attended (see attached revised policy).
 - b. Preview federal Alliance for a Healthy Generation *Smart Snacks in School* initiative
The resources noted below were shared with committee members and building principals. They will be posted to the MSD Wellness web page.

Building principals will need to monitor fundraisers and sales of snacks to meet federal guidelines
 - i. *Smart Snacks in School* brochure
 - ii. *Smart Snacks in School* PowerPoint
 - iii. Product Calculator
5. Old Business
6. Future agenda items
7. Reports
 - a. Wellness activities going on in buildings (see below)
8. Adjournment

Building Reports:

Mosinee Elementary School:

1. Vending Machine Sales
 - a. There is no snack vending machine at the elementary.
 - b. The pop machine is for staff use only so no sales are made to students.

2. Food Sales
 - a. The only food sale in which students participate is the PTO Pizza Sale at the beginning of the year.

3. Wellness Activities
 - a. Kindergarten
 - i. Wellness walks
 - ii. Recess 4 times per day
 - iii. Gym 2 times per week
 - iv. Encourage healthy snacks
 - v. Provide instruction about healthy foods, cleanliness, following safety rules, visiting the dentist and doctor, and getting plenty of rest and exercise
 - vi. Hike in school forest
 - b. Grade 1
 - i. Recess 4 times per day
 - ii. Gym 2 times per week
 - iii. Encourage healthy snacks
 - iv. Encourage students to wash hands frequently
 - v. Encourage healthy habits in classrooms
 - vi. Provide instruction about healthy foods, exercise, keeping clean, following safety rules, getting plenty of rest, and regular visits to doctor and dentist.
 - vii. Take class swimming
 - viii. Hike in school forest
 - c. Grade 2
 - i. Recess 4 times per day
 - ii. Gym 2 times per week
 - iii. Take class swimming
 - iv. Hike and snowshoe in school forest
 - v. Take active “brain breaks”
 - vi. Encourage healthy snacks
 - vii. Provide instruction about the food plate, making healthy choices (rest, exercise, safety, cleanliness).
 - d. Grade 3
 - i. Recess 4 times per day
 - ii. Gym 2 times per week
 - iii. Encourage healthy snacks
 - iv. Wednesday Walkers one day per week
 - v. February fitness week – 30 minutes daily exercise (snowshoe in school forest, yoga, Zumba, walk)
 - vi. Hike in school forest
 - vii. Provide instruction about healthy food and life choices

Mosinee Middle School:

1. Ongoing GLIT activities to promote wellness and healthy choices: encourage healthy snacks, adequate sleep,
2. 4/5 and 6-8 Wellness/Hobby Days provide alternatives to AODA abuse and promote healthy choices.
3. 6th grade Health curriculum
4. Red Ribbon Week, "*PAWS*"-itively Bully and Drug Free (February 10, 2014), to emphasize alternatives to AODA abuse.
5. TA team building activities.
6. MMS Staff will "review and reflect" about using food used for students motivation or as a reward.
7. The Student Senate reviewed candy sales after school and the Sixth Grade Team reviewed cookie sales during/after school.
8. MMS discourages energy drinks. Students bringing energy drinks to school will have the drink confiscated and parents will be contacted.
9. Encourage students to wash hands frequently – especially 4th grade after lunch due to peanut allergies

Note: The MSD Wellness policy states that elementary 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. Again we are caught between two masters: offering academic interventions and addressing disciplinary matters (loss of social time) vs. potential activity time. Understand, not all students take advantage of recess as a healthy active time.

Mosinee High School:

1. 9th Grade Health Curriculum
2. CPR/AED/First Aid & Lifeguarding Certification offered with in multiple course curriculums
3. Staff Wellness Challenges Including Health Trails, Ola Ala, and Nutrition tracking activities
4. Offering of fresh salads in the HS Snack Shack

5. MHS psychology course includes a unit on psychological health and a project on how to handle stress. Students create power point and prezi presentations on a variety of topics that focus on maintaining good psychological health and wellness.

6. -MHS Family and Consumer has one of two new transcribed credit courses in the foods area (Foods 3), which is NUTRITION through Nicolet Technical College (2 credits). The students spend an entire semester breaking down the nutritional information and nutrient components including nutritional standards and guidelines as well as learning recipes that offer specific nutrients or higher nutritional value. Students also learned health problems associated with nutrients. The students complete a nutritional project for the course that highlights a particular area of study they are most or more interested in. Projects ranged from cultural or religious differences in nutrition to obesity in America, as they presented either a PowerPoint or Prezi along with visuals from YouTube or another source. Students in Foods 3 also studied the new MyPlate, as curriculum allowed them to compare and contrast with the previous food guide pyramid. They completed a journal of nutritional intake.

7. Students in Adaptive Foods studied the visual of MyPlate and then created a collage of magazine food pictures that would fill their plate.