

Wellness Committee Meeting
November 16, 2017
7:30 am

Attendance: Gene Short, Brock Hampton, Travis Tesone, John Lambert, Glenna Grinstead

Agenda:

Review of the Wellness Impact Tool
Selection of the goals for 2017-18

Meeting Notes:

After reviewing the Wellness Impact Tool, the committee chose the following goals to work toward this year.

1. During the summer of 2018, USD 401 will start a Summer Meal Program (Nutrition, Other Child Nutrition Programs, #1).
2. Before the end of the year, USD 401 will provide clear/translucent water bottles to each student for water throughout the day (Nutrition, During the School Day, #1).
3. Before the start of the 2018-19 school year, Chase Grade School will increase the number of supervised recess periods at the grade school level to two, totaling at least 30 minutes (Physical Activity, Throughout the Day, #1).
4. Before the end of the 2017-18 school year, USD 401 will increase the number of active learning experiences that involve students in food preparation or other hands-on activities to at least once per semester (Nutrition Promotion and Education, Nutrition Education, #2).
5. Each semester, USD 401 will provide staff wellness activities. We would like to start a Walking Club after school for the staff (Integrated School Based Wellness, General Guidelines, #1).

The committee also discussed the addition of a professional development inservice or activity for the 2018-19 school year.

Implementation Plan for Goals

1. Summer Meals:

1. Glenna Grinstead will attend a SFSP Summit to gather information and devise a plan.
 - a. Attended Jan. 2018 in Salina.
2. Glenna Grinstead - Form a committee to discuss the setup of the program, volunteerism, program design, site coordinator position, etc.
 - a. Committee formed, but only two showed up for the meeting.
3. Glenna Grinstead - Find a site coordinator before March BOE meeting.
4. Glenna Grinstead - Fill out application working with the site coordinator, Shelley White, and Glenna Grinstead
5. Glenna Grinstead / Site Coordinator - Search for and apply for grants as needed.
6. Site Coordinator - Begin implementation

2. Water Bottles:

1. Glenna Grinstead - Find a sponsor.
 - a. Tory Tipp – State Farm/Kindness Revolution
2. Glenna Grinstead - Find clear/translucent water bottles that can be printed on if needed.
3. Glenna Grinstead – Purchase with sponsorship money and district office money.
4. Administrators - Develop an implementation plan (washing, keeping at school, etc.)
 - a. Plan will be to have at school but parents are responsible for washing every week or so.
5. Administrators - Hand out to students with informational letter.
 - a. Note: Bottles handed out Feb. 15.
6. Staff and Administrators - Follow the plan.

3. Grade School Recess

1. Gene Short (principal) will present the idea to the grade school staff.
 - a. Presented February 23, 2018.
2. Gene Short and staff members will work through scheduling issues.
3. Gene Short - Decide if the second recess will work within the school day.
4. Gene Short and staff - Implement if it is feasible.

4. Increase the number of active learning activities for hands-on food activities:

1. Both principals will look for opportunities to include hands-on activities within the school day.
Ideas include: Raining Kats and Dogs Day, HS MTSS Life Skills Program
2. Administrators - Find willing teachers to present/teach/work with the students.
3. Administrators & Teachers -Plan for the inclusion/activities
4. Teachers - Present the idea/plan to the principal (as needed) or superintendent for financial approval.
5. Administrators & Teachers - Incorporate the activities.
K-12 activities Incorporated into Fall 2017 Raining Kats and Dogs, Feb. Raining Kats and Dogs
MTSS Junior and Senior cooking activities during the MTSS block

5. Walking Club:

1. Glenna Grinstead - Talk to two employees who often walk after school about possibly taking the lead on the club.
 - a. Email was sent and received.

- b. Miller and Clark were interested and emailed everyone to see about interest.
- 2. Glenna Grinstead – Help in advertising/spreading the word through the district.
 - a. Not needed
- 3. District - Provide location and projector as needed (walking videos).
 - a. The group decided to meet in the weight room.
 - b. All equipment is already there.
- 4. Brock Hampton - Monitor participation.
 - a. A group started participating January 2018.