

**School Wellness Advisory Meeting Summary**

**Meeting Date: April 21, 2016**

***Present:*** *Melinda Hautau, Sharron Davids, Jasmine Morgan, Shara Jamierson, Paul Yettaw, Glenn Noffsinger, Laura Reynolds, Kim Muggio, Anna Rogers, Don Hoaglin, Danni Heddinger*

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| **Time** | **Agenda Item & Discussion Notes** | **Decisions/Next Steps** |
| **4:03 p.m.** | 1. **Welcome & Introductions**
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| **4:04 p.m.** | 1. **Review of March Meeting Minutes**
* Approval of the meeting minutes.
* The motion carried.
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| **4:05 p.m.** | 1. **Share Out- New Process from Last Meeting Topic**
* Cafeteria rules materials and tools
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| **4:05 p.m.** | 1. **Namaste Way- Getting your Staff on Board**
* **Looking Back and Celebrating Success!**
* Policies
	+ Push back from Pennfield schools with changing celebrations to not including candy and food
	+ Tie-dye shirt party instead of foodandFriday sale moved to selling items that aren’t candy at Prairieview
* Engaging parents
	+ Friday Family Breakfast
* Cafeteria as a Learning Lab
	+ Looks like a classroom with artwork, things on the walls, learning materials
* Marshall schools have changing signs in their cafeteria that promote healthy eating (Received through a grant)
	+ Fruits and veggie sales went up
	+ Put the white milk in front of the chocolate milk to see if the kids will just take the white milk
* **Facilitating Access to Healthy Food**
* Fruit Baskets in teachers lounge
* Water Dispensers in all classrooms and kids all have water bottles (Staff use it too)
* Policy for outside food
	+ Teachers are a model for healthy food for the kids
	+ Eat lunch with the kids once a week (Teachers receive free lunch once a week)
* **Staff Gatherings**
* Teacher’s lounge snacks
	+ Healthier choices and options available to choose from
	+ Teachers push each other to be healthier
* **Facilitating Access to Physical Activity**
* Teachers take the Fitness Gram, use PA during PD, and exercise after school
	+ Teachers set goals for themselves and have friendly positive competition
	+ Builds an understanding for staff to know what students do and creates healthy competition
	+ Put up “I’m working on” posters in their rooms and on their doors
	+ Teachers do a one mile walk to check out the walk ability of the neighborhood so they’re familiar with the area and what the kids will be walking
* **Celebrations and Healthy Competition**
* Celebrations that are allowed
	+ Dance parties
* Model moderation
* “Non-food” celebrations
* Healthiest Staff Member Competitions
* Incentive charts for staff
* **Where to Start?**
 | Next meeting topic:-Brain breaks-Engaging older kids |
| **4:35 p.m.** | 1. **Local Schools that get Staff on Board**
* Guest Speaker-Don Hoaglin, Principle of Prairieview Elementary School
* Recognize the need, and know the research that physical fitness helps kids
* By-in from staff is extremely important for success
* Continuing education and not stopping working with kids
* Schedule movement around when teachers are able to be there
* Teachers should challenge themselves to do better
* Staff gets out for Mileage Club and walk with their kids
* Training for staff, especially lunch time supervisors and paras is very important in helping them understand the importance of Active Recess and lunch time rules
* Don’t remove recess or stick kids on the wall
	+ Have them be active or walk laps—do something to get the wiggles or energy out
 | Marshall schools want someone to speak at their PD about Operation Fit-Paul will contact Jessica to set up a time to meet with his staff and educate them.  |
| **4:55 p.m.** | 1. **Updates**
* Wellness is front and center for schools and students
* Get more schools on board with Operation Fit
* Prairieview is having a Color Dash on May 5th to raise money for physical education equipment
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| **5:00 p.m.** | 1. **Adjourn**
 | Next Meeting: Thursday, May 19, 2016 4-5 p.m. BCCF Board Room |