

**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** |  |
| **4:04 p.m.** | 1. **Review of March Meeting Minutes**  * Approval of the meeting minutes. * The motion carried. |  |
| **4:05 p.m.** | 1. **Share Out- New Process from Last Meeting Topic**  * Cafeteria rules materials and tools |  |
| **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 |  |
| **5:00 p.m.** | 1. **Adjourn** | Next Meeting:  Thursday, May 19, 2016 4-5 p.m. BCCF Board Room |