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**School Wellness Issue Action Group Meeting Summary**

**Meeting Date: January 19, 2017**

***Present:*** *Kim Devito, Kathy Glomski, Melinda Hautau, Deborah Mcdowell, Angela Stewart, Glenn Noffsinger, Anna Rodgers, Paul Yettaw, Joyce Barry, Jessica Rauch, Don Schils, Shara Jamierson, Olivia Jayaker, Sharon Zebell, Christine Valenzuela, Aubree Cable, Danni Heddinger*

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| Time | Agenda Item & Discussion Notes | Decisions/Next Steps |
| 4:02-4:06 | 1. **Welcome & Introductions**
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| 4:06-4:08 | 1. **Review of October Meeting Minutes**
* Approval of the meeting minutes.
* The motion carried.
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| 4:08-4:09 | 1. **Review of Action Items & Progress**
* We have 23 schools in Mileage Club this year
* Hughes and Walters are both participating
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| 4:09:-4:55 | 1. **School Nutrition Initiatives**
* Two videos played regarding Smarter Lunchrooms
* Strategic placement can make a difference in choices
* Smarter Lunchrooms Initiative partners with the MDE (MSU helps out)
	+ Scorecard scores the cafeteria into Bronze, Silver, Gold
* Adding signage and names for food can get kids to eat them
* Helps change the face of the cafeteria
* Wellness Councils are required and evaluated on a three year basis
	+ Pennfield used an assessment to evaluate the school and it gave a baseline as to where the school needed to improve or areas they could change
	+ Created Spring Into Action and had 5 buildings compete in physical education for staff for incentives such as 2 weeks free at the YMCA, discounts on memberships and Fitbits
	+ People formed walking groups
	+ Wanted weight rooms opened for staff to utilize
	+ Pennfield High School recorded 3,801 minutes in a three day period of physical activity minutes
	+ Opened Spring Into Action up to the kids at the schools to be active as well
	+ Engage other student groups like NHS to help take some of the load off planning
* All food sold in schools needs to follow guidelines and if it doesn’t, it needs to be documented and limited to 2 times a week
	+ Olivet schools do a fun run instead of fundraisers and parents pledge money for laps
	+ Hastings set a goal and it was reached by pledges
	+ Carnivals
	+ Healthier versions of snacks like Doritos
	+ Activity logs
	+ Utilize the PTA's better in the schools
* Difficult to get more members for the Wellness Teams and current groups have a hard time meeting (especially student members)
	+ Time is always a factor and if the district would pay for a sub during the day, more would get involved
	+ Harper Creek staff does a lot towards wellness such as fun runs, Biggest Loser, speakers
	+ Sonoma has a student Couch to 5K program
 | Glenn with share information about the survey and Spring Into Action to the group. To share all information with group via a website or email so they have the resources to use at their own schools. Send an email to email list to send materials |
| 4:56-5:00 | 1. **Determine Priorities/Items for Next Meeting**
	* **Possible February Topic Discussion**
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| 5:00 p.m. | 1. **Adjourn**
 | Next Meeting: **Thursday, February 16, 2016 4-5 p.m.** **BCCF Community Room** |