

School District of Auburndale
Wellness Meeting Notes
June 10, 2018

Call to Order

The meeting was called to order by Andrew Scharenbroch at 1:32 P.M. in the District Office, Board Meeting Room. In Attendance: Elementary Principal-Andy Scharenbroch, Parent/School Nurse – Monica Jewel, Parent/School Nurse - Kristin Peplinski, Food Service Representative/Finance Director - Charles Payant, PE Teacher - Heath - Novitzke, PE/Health Teacher - Dawn Urban. Also invited but not in attendance, Board of Education - David Homb, District Administrator – Dr. William Greb, High School Principal – James Delikowski

Annual Review of School Wellness Policy

Mr. Scharenbroch read aloud and reviewed with the group each of the five component of School District Wellness Policy 458. Below are notes on major points of discussion.

Component 1. “Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.”

There was a discussion on the practice of using locally grown foods as part of the school meal program. While it has been difficult to utilize locally grown food due to safety issues, the group would like to see locally grown food be used when possible.

There was a discussion on independent food sales during National School Lunch and Breakfast times. There are no independent sales at these times.

During the school day drinking of water is promoted. There are now 5 water bottle filling stations at the Middle/High school. Teachers allow students to have bottled water in the classroom. The Elementary School continues to promote the consumption of water by both students and staff.

The physical education curriculum continues to include the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). At the Middle/High School, students are being given the option of choosing between the different components. Ms. Urban stated that in her health classes there have been discussions on protein drinks and healthy eating. Students are encouraged to discuss health topics.

Component 2. “Nutrition guidelines for all foods available during the school day that are consistent with State and Federal Statutes, and promote student health and reduce obesity.”

The School District is in compliance with Nutritional and National School Lunch program guidelines as outlined in Component 2 of the District Wellness Policy.

There was a discussion regarding vending machines and offering healthy options such as white or chocolate milk, and water. Currently the District does not have vending machines.

Components 3, 4, and 5. Component 3 of the Wellness Policy deals with who is involved with developing and reviewing the Wellness policy. Component 4 deals with updating the public on the implementation of the wellness

plan. And, Component 5 deals with the periodic measurement, compliance, and description of progress being made toward the wellness plan objectives. The District is in compliance with all areas and components of School Wellness Policy 458.

Additional Topics That Were Discussed

The group thought that the Middle/High School – school store would be a good place for selling healthy drinks to students. It was suggested that white milk, chocolate milk and Propel be sold. Mr. Jicinsky who manages the school store will be contacted regard this suggestion.

Mr. Novinski said that at the Youth Wellness Summit he attended, it is recommended staff members take 20 minutes while at work to themselves once a week to do exercise to release stress. The group agreed that this type of activity would help create a positive culture and atmosphere.

The cardio room at the High school was discussed. It was noted that when you use some of the equipment you face the wall and that wifi is not available in that room. It was suggested that wifi access would improve the workout experience.

Ms. Urban noted that she has have some good conversations with the students regarding health issues. One of the topics is protein powders that student use while weight training. Milk and juice were discussed as an alternate for protein drinks.

Meeting Adjourned 2:01 P.M.

Assessment on the Implementation of the Wellness Policy

June 2018

The District is aligned with the Wellness Policy 458. Staff members throughout the district have incorporated the goals for nutrition, promotion and education, physical activity and other school based activities that promote student wellness into their curriculums and everyday practices. Nutritional guidelines are being followed for foods that are available to students during the day.

The District's Food Service strictly adheres to the nutritional guidelines as prescribed by the USDA National School Lunch Program Guidelines. These continue to be altered, and as a district we continue to monitor, adjust, and adhere to them. The quality of the food has been received in a positive way, and student's meals are remaining steady, as well as breakfast. When comments on quality and taste are made, they will be directed to the Food Service Coordinator.

The Wellness Policy as first adopted on December 19, 2007. The committee which is described in the policy met at its annual meeting on May 3, 2017 and a few recommendations were made. The ideas/changes will be brought forth to the School Board Policy Committee for adoption. The District continues to stay current with the latest Wellness Policy rules/regulations as well as trends in providing a healthy educational environment for all present in the District.