

School District of Auburndale  
Wellness Meeting Notes  
November 5, 2019

**Call to Order**

The meeting was called to order at 9:00 A.M. by District Administrator – James Delikowski in the District Office. In Attendance: Elementary Principal-Andy Scharenbroch, High School/Middle School Principal – Steven Van Wyhe, Parent/Food Service Director Nicole Lutz, School Nurse - Kristin Peplinski, PE/Health Teacher - Dawn Urban, and Finance Director - Charles Payant

**Annual Review of School Wellness Policy**

Mr. Delikowski 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.”

The physical education curriculum at all grade levels continues to include the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). In the eight grade health and physical education (PE) classes they are using smartboard technology to improve learning. The Middle/High School has added dual sports to the individual sports curriculum. New dual sports included in the curriculum are table tennis, biking, disk golf, roller blading, snow shoeing, and yard games such as croquet. There is an emphasis on life activities in the PE and health classes. The High School Family and Consumer Education (FACE) class curriculum emphasizes healthy food choices including the exploration of vegetarian, vegan, and gluten free diets.

The Elementary School has added 5 minutes per day to the kindergarten through fifth grade physical education classes. Students are also exposed to different kinds of exercise such as yoga.

The District provides students access to a food service program with healthy choices. There is an extra entre offered at the High School with the meal plan. The food service director continues to evaluate the nutritional offerings and has seen the carbohydrate count go down in the breads area. Food program serving sizes are posted for students to see.

There was a discussion held on healthy snacks and when they are offered. Parents of Elementary School Students are sent a letter at the beginning of the year encouraging them to bring healthy snacks. At the High School and Elementary School snacks cannot be sold during breakfast or lunch times. Fund raising activities allowed under the National School Food Program where unhealthy foods are sold is closely monitored by the principals. National School Lunch regulations allow only two unhealthy snack fund raising activities per organization per year. At the High School the principal is monitoring the sale of unhealthy snacks and food and the number of fund raisers. Because food cannot be sold during breakfast or lunch times it was suggest that snacks be sold during “Pride Time.”

The District has a new Food Service Director who is renewing the focus on “farm to school” foods.

Students are encouraged to drink more water. The District has installed four water bottle filling stations.

The health and physical education curriculum was rewritten and update a couple of years ago.

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 soda, sweet drinks, and candy sold to students during the school day. Items sold in the school store will be evaluated to see if they meet safe snack requirements. There is an option for the school store to purchase safe snacks through the School District’s food supplier.

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, with one exception. The exception was that last year the policy was not review during the school year. It was reviewed one month prior to the school year and the policy was reviewed again this school year.

#### Additional Topics That Were Discussed

Ms. Urban noted that there was an upcoming Wellness Workshop that looked good. There were three committee members that were interested in attending.

Meeting Adjourned 10:20 A.M.

## **Assessment on the Implementation of the Wellness Policy**

**November 2019**

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. The District has a new food service director who is monitoring and making adjustments to the National School Lunch Program as needed. The School District is going to have the School's National School Lunch Program audited in November 2019. This audit will be helpful in determining what is being done correctly and where the District can improve the quality of food served to students.

The Wellness Policy as first adopted on December 19, 2007. The Policy Committee has updated the Wellness Policy as recently as July 19, 2017. 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.