



**Student Wellness Committee**  
**Wednesday, December 7, 2016**  
**The Anderson School**  
**Meeting Minutes**

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Members Present:

Samantha Bader	Health and Nutrition Coordinator
Sandy Edling	Assistant Director of Business Services
Carly Weist	Health and Wellness Assistant
Paula Rice	Program Administrator, Head Start and Pre-K Counts
Bridget McGuigan	School Nurse, Early Learning Academy
Georgine Fronczak	Program Administrator, Anderson School
Cecilia Quenzer	School Nurse, Anderson School
Judy Colihan	Emotional Support Teacher
Daniel Deegan	Health and PE Educator

Members Absent:

Sherri Becker	MCIU Board Member, Wissahickon School District
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The meeting was called to order by Committee Chair, Samantha Bader, at 2:10 P.M.

Purpose & Introduction

Samantha reviewed the purpose of the Student Wellness Committee.

- Promote MCIU Student Health & Wellness
- Meet federal and state regulations for the National School Lunch Program (NSLP)
- Ensure MCIU compliance with guidelines for schools and programs

Samantha reviewed a policy implementation training from Action for Healthy Kids (AFHK). AFHK is an organization that promotes school health. The policy implementation steps they have developed have proven successful in helping Student Wellness Committees develop meaningful policies and procedures.

- Feedback from the Committee members included:
  - We would like to include any wellness activity that goes on at the school in the policy- anything to promote a healthy lifestyle in the students
  - Who are the stakeholders for this policy? All of us are stakeholders, but we are encouraged to include students and parents to have a well-rounded wellness committee
  - Overview of what the Local School Wellness Policy (LWP) is expected to include.
  - Will be using the AFKH Wellness Policy toolkit which includes 7 steps or best practices in policy implementation. This is a continual process, so we want to make sure were reevaluating and have ongoing monitoring.

- Our wellness policy is the overarching guideline to other programs, an agency-wide policy. Programs within the agency can adjust their procedures to be more specific to their program.

#### Review of current MCIU Board Policy (Adopted May 25, 2016)

- A Copy of the MCIU Student Wellness Policy was provided to each committee member
- Discussed a food marketing policy will need to be built into the IU Wellness policy. This should be our 1<sup>st</sup> step since it will be the greatest change for our students and staff
  - The food marketing policy would exclude ALL treats, candy, sodas, etc.
  - Want to make it broad, so it can be adopted easily into each program
- Make everything specific but general (so we are able to apply the policy to each IU program and are following guidelines and meeting the requirements)
  - Suggestion- to include nonfood parties for celebrations (handout pencils, stickers, racecars instead of cupcakes, etc.)
- We want the students input and integration in our policy
  - Have them report back to the board- get the students thinking about health and wellness at school, give them ownership over their own work and ideas for wellness
- Include project based learning- tie in history, math, physical education and nutrition to aspects of the policy
- Include that food is NOT used as a reward (as a general rule)
  - Already practiced in Head Start and Pre-K Counts through CACFP

#### Updates to Final Rule

- Copy of 'Smart Snacks in Schools' (from the USDA) and 'Local School Wellness Policy Implementation' (from the USDA) handouts were provided to each committee member
- Discussion for Anderson School snacks
  - In house snacks given
  - Start limiting the amount of snack taken even though they meet the current guidelines
- How will this effect fundraising (i.e. bake sales)?
  - Balance the sale of baked goods by other healthy foods
- Clarification that these are standards for food provided (at no cost), not food sold to the students
- Food marketing
  - This includes any vending machines, posters, menu boards, coolers, cups/other paper products, scoreboards (sporting equipment donated by food companies), trashcans, etc.
- This does not apply to things brought from home or educational tools used, but it is better practice if we apply these toward the rule. We can and should do better than what the regulations state.
- Food marketing suggestions made by the committee:
  - To not allow any of soda or chip vending machines
  - Look into a smoothie machine grant

- Salad bar

#### Discussion of Staff wellness

- Outside of the Scope of this Committee
- Healthy snack machines, coffee machines, how much would this cost?

#### Public involvement

- Our policy is accessible for public viewing. This will help with having a well-rounded committee

#### Triennial assessments

- Provides a timeframe for policy development and implementation
- Should establish simple goals to build up to these assessments
- Make our goals simple but specific- identify which guideline we are meeting so we can then assess those goals for the triennial assessment
- Provide a transparency provision- must be written, any information and updates made available to the public (we could post on the IU website)
- Annual progress report

#### Goals

- Develop food marketing policy
- Develop triennial assessment plan and time frame- committee gets feedback based on our policy implementation and start to develop a general self-assessment

The next meeting of the Student Wellness Committee will occur in March of 2017.