

# Wellness Committee Minutes

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Meeting date: Tuesday, 3/12/19

Meeting called to order 8:00am

Pledge of Allegiance

Minutes approved: TBD

## **Attendance:**

Present: Kristen Crandall, Matthew Flusser, Kurt Jesman, Peggy Kelland, CJ Knight, Madhavi Kopoula, Keith Odums, Brandon Opitz, Mindy Potter, Linda Rappaport

Absent: Paul Galletta, Steve Shuchat, Maureen White, Erica Winter

## **Welcome**

**Review and approval of minutes from 1/17/19 meeting:** Mrs. Kelland provided grammatical corrections to the document. Mrs. Kelland motion to accept as corrected; Matthew Flusser seconded; unanimous vote

**Review of the surveys:** Ms. Crandall shared that the 2019 surveys have been updated based on any feedback that was received from the Committee members. The 2019 surveys will be released as of 3/18/19 and closed on 3/29/19. The majority of the writer feedback that was received in 2018 was negative and not able to be changed based on food regulation, etc.

**Community survey:** This is for K-12 parents to complete. Notification of the survey will be sent via Blackboard with an embedded link to the survey. Participation has never been incredibly high but has increased with each passing year.

Mr. Odums questioned the number of community members who completed the survey and if it would be beneficial to have the survey completed in December as a baseline and then again in the spring to try to accommodate the concerns. Ms. Crandall shared that many of the comments are related to types of food, etc. and we must remain compliant while still maintaining a break-even position for the food services department.

Mr. Flusser asked what percentage of the families complete the survey based on the total population. We will be sure to provide this information when the results are made available. We must be aware of multi-student families completing the survey.

Mrs. Kelland added that even though she already included her feedback she would like to add about a recent article she read on the timing of lunches and if we thought that parents have concerns with the timing of our lunch periods. Per Mr. Flusser, the secondary schools do have early lunch periods but this scheduling is necessary in order to feed all of the students. The cafeterias are full and Mr. Flusser understands and believes that building administration is doing the best that they can with this

scheduling. This is discussed with the building principals when the next school year is being planned. Mr. Knight added that this is not really an issue at the elementary schools but knows that at the High Schools Varsity athletes that have early lunch do have the option to eat later in the day. Ms. Crandall shared that there are many students who do not have a lunch period for academic reasons. Mr. Knight added about those wanting to leave early and therefore not having a lunch period. Mrs. Kelland shared that her daughter had digestive issues and had to eat small meals. She could never choose to not have a lunch period and that the teachers were accommodating to her needs.

Mr. Knight asked about the breakdown of who completes the survey – elementary vs. secondary and we will work to get this completed for the next meeting.

Ms. Rappaport looked at this through a larger lens and possible level of government interference - just because the USDA says a food is nutritionally sound does that mean it must be used. Can the legislation be modified? Is this an item for the Legislative Action Committee possibly? If parents want change, what can we do? Also, it's unfortunate that Food Service is in a position where profit/break-even is a driving force-- that the program cannot be subsidized to help with the food that is served. Fifty years ago food was different than now and the swing back to that whole food idea will take time. The public health issues that we currently face are proof of this changing trend.

Mrs. Kelland added that the food industry is in business to make a profit.

Mr. Flusser shared that WCSD Food Service serves food that the students want – the government regulations are on calories for example not the food itself (chicken smacker discussion). It is difficult to meet the guidelines with food options that students will eat and he believes that a lot of these choices can be taught through education. WCSD Food Service is always ready to make a tossed salad with grilled chicken. Healthier options and vegetarian can be ordered the day before or morning of for any student. This is a continued goal – leaner options and making more students aware of these options.

Ms. Rappaport shared that she saw a swing in her classroom – one year it was “cool” to have salads and the next year not as much. Really lends to the culture.

Mr. Knight added that he sees a trend in students and that if he could foster all 15,000 in a hotel to assist with their eating habits and activity levels he would (joking). He acknowledged that he doesn't eat now what he ate when he was ten and yes, keeping students fed sometimes means giving them what they want.

Mr. Flusser shared that fast food establishments, for example, provide cheap and fast food that isn't healthy but meets the lifestyles of busy families.

**Student Survey:** This is a survey sent to all grade 9-12 students. Mainly participants are in grades 9 and 10 based on the last two years.

Mr. Knight asked how these surveys are disseminated. Ms. Crandall shared that the surveys are sent to the student's school email account with a link. Building principals are made aware and survey

information is included in the morning announcements and on screens around the building to increase participation.

Mrs. Kelland asked if we could add an option to question 8 about “My class schedule prevents me”.

Mr. Opitz asked about including the Middle School students. There were concerns with targeting students and not being able to reach the entire Middle School population. Ms. Crandall will email the attorneys and provide the Committee with a response.

Mrs. Kelland added that it would be valuable to get the opinions of the Middle School and Elementary students.

**School level wellness:** This has been updated based on responses from buildings. We encourage a broader definition of wellness and the responses are about the same. Mrs. Kelland offered giving the building principals a challenge of sorts when discussing during an upcoming meeting. (i.e.: impressed by the wellness activities reported by X school may have Y school wish to report more of what they have happening)

**Next Meeting:** May 22, 2019 - Review survey results as well as nutritional and student data. This will be the final meeting of the 2018-2019 school year.

**Motion to adjourn:** Ms. Potter, seconded by Mr. Knight. Unanimous 8:38am.