

## **MEETING MINUTES**

Guthrie Public Schools

Wellness Committee

GPS Board of Education – Conference Room

September 14, 2017

Meeting called to order at 3:45pm by: Michelle Chapple, Chief Financial Officer & Wellness Committee Chair

Note taker: Jana Wanzer, Treasurer & Child Nutrition School Food Authority (SFA)

Committee members present: Michelle Chapple (Admin), Jana Wanzer (Admin), Trena Monnahan (Fogarty), Susan Cox (Child Nutrition), Kathy Ice (Junior High), Bret Stone (High School), Carmen Walters (Admin), Dani Watson (Central), Rusty Crockett (Cotteral)

Absent: Cass Brassard (GUES) – schedule conflict

### Agenda Items:

Ms. Chapple opened the meeting with greetings and introductions of committee members. She thanked members for joining the meeting today and for working hard to ensure the students and staff of GPS district are healthy. She addressed committee structure and purpose of the Wellness committee for the district and community. The agenda items overview was discussed.

The Wellness Policy and minutes from the meeting held December 14, 2016 were revisited. Ms. Chapple reminded the committee that the CDC Module 4 was to be completed by Friday, September 29, 2017. She made a motion to change the previous plan of completing Module 1 by fall, to completing Module 7 instead. It was seconded by Jana Wanzer. There was a unanimous vote to change the plan. Module 7 is to be completed by December 20, 2017. All reports should be submitted to the Finance office.

Ms. Chapple informed the committee that “e-blasts” would be sent out district wide every 90 days to include a healthy tip from each committee member of a healthy lifestyle and/or nutrition tip. An assignment was given to each member to calculate the number of laps it takes to walk in a safe area around their site buildings and/or inside hallways to reach 1 mile (2,000 steps). Our focus is to encourage our staff members to incorporate walking and portion control while dining. Laminated signs were handed out with this information to be hung in each employee breakroom by site. Signs were also given out to be posted in the cafeteria for students to assess “what should be on their plates” using the My Plate method from SDE.

Susan Cox, Child Nutrition Director, announced that starting on September 18, 2017 Sodexo would begin its “grand opening” menus and signage for all cafeteria sites. They will provide lots of education to students on healthy choices such as reintroducing sun butter as an alternative to peanut butter, toast instead of crackers and yogurt and smoothies would be new options added as well. She stated an A – Z salad bar would be available at all upper level sites. Every week a new fruit or vegetable will make an appearance on the salad bar corresponding with the applicable alphabet letter for that week. Sodexo has also ordered a hot/cold well for Junior High and the High School a la carte rooms. They are also implementing “made to order” deli sandwiches upon its availability. The new menu incorporates a “build a better burger” station. One fruit or veggie per meal per day is the message going forward to all students. If a student is still hungry after going through the line the first time, they may return for more fruits or vegetables at no charge for free and reduced meal students.

Ms. Chapple verified with all members that water is being made available to students at all sites as needed. All sites were in compliance.

Ms. Chapple reviewed the TSET grant guidelines and informed the group that she had applied for our GPS district wide and by site Certified Healthy Living status. Upon approval and notification of our status an awards ceremony would take place in November/December. We will proceed with that status notification if approved and apply for the incentive grants available for each site.

Ms. Chapple recapped the meeting and emphasized that the committee is to meet once a semester. The next meeting date would be forwarded. Free CPR classes are being offered at the Health Dept. on September 29, 2017 and December 1, 2017. Trenda Monnahan stated that a class would be available during Professional Development day on September 25, 2017. She noted that we must have visible signage posted per our Wellness Policy for all students/staff encouraging healthy living. We are to place the signs in high traffic areas such as the breakroom or cafeteria. She requested that each committee member return to their sites and share all information discussed today with their principals for further implementation of the above items mentioned.

Ms. Chapple asked members for suggestions to better the efforts and mission of the committee. They are as followed.

Rusty Crockett: Requested usage of a spare room at Cotteral to transform it into a workout room for staff. He will donate the equipment. It was approved by Carmen Walters, Executive Directive of Elementary Education and Michelle Chapple, CFO.

Trenda Monnahan: Requested we join in on the National Walk to School Day on the first day in October. She also would like to see the P.E. teachers have a separate meeting with the Wellness Committee on Professional Development days due to those days being more geared towards teachers and not the P.E. teachers.

Bret Stone: Requested to have a daily email sent to him for meal counts for the high school. This would allow him to encourage the students to each lunch if there appears to be a low number of students eating and selecting healthy items.

Dani Watson, Carmen Walters, Kathy Ice, and Jana Wanzer: Each expressed their excitement and gave encouragement regarding our new food service management company, Sodexo. They loved the changes implemented thus far and look forward to the “grand opening” menus and staff uniforms.

Ms. Chapple closed the meeting by reminding the committee that in order to change someone else’s mindset on healthy eating and to make lifestyle changes, we must first start with ourselves as we are the face of the district. We set the example and live by our words through action. She challenged the group to try new healthy food items she brought to the meeting of roasted humus w/pretzels and Kind bars. Everyone agreed and loved the new enthusiasm set forth for the new school year.

Meeting adjourned at 4:45pm.