

MEETING MINUTES

Guthrie Public Schools

Wellness Committee

via Zoom

September 30, 2020

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

Committee members present: Michelle Chapple (Admin), Cass Brassard (Charter Oak), Susan Cox (Child Nutrition), Chancie Helton (Fogarty), Carmen Walters (Admin), Rusty Crockett (Cotteral), Keith Hedge (Central), Bret Stone (High School)

Absent: Jana Wanzer (Admin), Shane Robinson (Junior High)

Agenda Items:

Ms. Chapple opened the meeting with greetings and introductions of new 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. She reminded the committee members to convey discussed meeting items with their site staff. The agenda items overview was discussed.

The Wellness Policy and minutes from the meeting held November 11, 2019 were revisited. Ms. Chapple reminded the committee that the CDC Module two was completed by Friday, January 13, 2020. A group analysis was conducted on the scorecard for Module two. She informed the group that there are 11 modules total and made a motion to complete Module one – School Health and Safety Policies and Environment by January 11, 2021. Our next goal is to incorporate a health education curriculum analysis tool (HECAT) for the district, which was delayed due to the Covid-19 pandemic. It was approved by unanimous consent. There was a unanimous vote to complete Module one. All reports should be submitted to the Finance office.

Ms. Chapple informed the committee that “e-blasts” would continue to be sent out district wide to include a healthy tip from each committee member of a healthy lifestyle and/or nutrition tip. The wellness tips previously provided by the committee members were reviewed. Everyone followed their suggested tip. An assignment was given to each member to brainstorm on site and district wide health challenges to promote healthy living. It was mentioned that additional laminated signs were needed for staff lounges. Committee members pointed out the increase of water intake from students who are bringing their personal water bottles, as well as the increase of meals

consumed by students. One suggestion was to continue boosting students' morale during this uncertainty time of Covid-19 and addresses fears they may have.

Certified Healthy Oklahoma School site applications will be completed upon notification of application period. We have received a rating of Excellence district wide for three years and are looking forward to receiving the award for a fourth year. The Oklahoma State Department of Health reports regarding state percentages for obesity, infant mortality, teenage pregnancy, heart disease (the leading cause of death for Logan County), smoking/vaping, suicide, and alcohol abuse were discussed. Logan county statistics were honed in on to offer solutions to the community. Resource guides were provided with a list of agencies to contact by category with Oklahoma Safe call - 211 being the leading go to number for the school district.

The meeting was recapped and emphasis was placed on the committee meeting once a semester. The next meeting date is tentatively scheduled for February 24, 2021. Ms. Chapple asked members for suggestions to better the efforts and mission of the committee. They are as follows:

Susan Cox: Informed the committee that Healthy concept menu items continue to be served and more efforts are made to feed the students with the implementation of free meals funded by the USDA during the Covid-19 pandemic period.

Rusty Crockett: Suggested usage of an area at Cotteral near old bleachers to transform into a workout area for staff. He will donate the equipment. This project is still in the works.

Cass Brassard: Informed the committee of students consuming more water with the allowance of personal water bottles due to safety measures with Covid-19.

Chanie Helton: Informed the committee that students are consuming more water. Even with the challenges of Covid-19, students are thriving in class on campus. Smaller class sizes, safety measures of wearing masks, washing hands and communication from the district is working well.

Bret Stone: Informed the committee that he has seen an increase in students eating lunch with the USDA approved free meals. It is a great opportunity and the High School will continue to promote and advocate for students to eat breakfast and lunch daily.

Keith Hedge: Informed the committee that he has seen an increase in water consumption with his students as well. He is pleased that the cafeteria workers at Central Elementary go above the call of duty and make sure each student who wants breakfast after arriving to school late receives one.

Carmen Walters: Each expressed her excitement of the positives the district is making in keeping students and staff safe during these challenging times. She suggested to continue having as much fresh air playing for recess to continue a pattern of normalcy for our students.

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.

Meeting adjourned at 4:45pm.