

**Van Buren Community School District
Wellness Committee
Thursday, October 2nd, 2014
5:30 to 6:30 p.m.**

MINUTES

Present: Gayle Hervey-Food Service Director, Gwen Pedrick-Elementary Staff, Dr. Pam Ewell-Superintendent, Nancy Dewes-K-6 Guidance Counselor, Sara Sprouse-K-12 School Nurse, Melissa Daughtery-Healthy Villages/Van Buren County Hospital Wellness Coordinator

I. Wellness Policy-Update/Monitor

Wellness Policy-updates approved by board June 25, 2014

Posters-display Wellness Goals and are posted in the entry way of the elementary and by the concession stand at the MS/HS. Small posters are available to post in the classrooms.

Professional development day in August-wellness policy and goals were reviewed with staff.

Building Wellness Committees-Each building committee has met once to divide up the assessment of the wellness policy. We will meet again to discuss what policies goals are fully in place, partially in place, and not in place. Sara will write a report based on the assessment for administrators and the board. The report will also be posted on the website.

II. Farm to School/School Garden

Over 60 lbs of tomatoes, zucchini, cucumbers, and strawberries have been picked. During the summer, produce was donated to the Keosauqua Senior Center. Tomatoes have been used for lunch at both schools. Pumpkins from the MS/HS raised beds were picked and donated to the Farmers Market for a pumpkin decorating activity this week.

PreK plans to use the greenhouses at the elementary for projects this winter.

III. Fuel Up To Play 60/Team Nutrition Grants

MS/HS has received a Fuel Up To Play 60 grant this school year. The funds were used to purchase pan carriers, basket displays, a MyPlate dry erase board, and recumbent bicycles for classrooms. We also have approx. \$275 to use for taste-testing activities. Some ideas for taste-testing events include during Farm to School month in October and items for vending machines.

Melissa also reports she has some basket displays that she will give to the school.

IV. Student Wellness Council/Super Power Summit

Student Wellness Council has not met this year. The Middle School Super Power Summit is later this year-November 13th. Mrs. Dewes mentioned that a sub-committee of the CAPS committee has been formed to focus on wellness at the elementary, all students are in 6th grade. Sara will look into the possibility of taking 6th grade students to the Super Power Summit. Discussed that after attending the Super Power Summit the team can apply for a mini-grant. It was suggested that we could use the funds for taste-testing to introduce Grab 'n Go breakfast or provide a morning snack to older students at the elementary.

Discussed finding funds to purchase exercise equipment for a room at the elementary, students could earn use of the equipment as a CAPS prize.

Discussed equipment such as game bikes and DDR(Dance Dance Revolution) mats.

V. Live Healthy Iowa

The Next Step Challenge-13 staff members are participating in the challenge.

The admin team leads with 686,793 steps or 343 miles, the Keo team has 383,787 steps or 192 miles, and the Douds team has 224,435 steps or 112 miles. There are 2 weeks left in the challenge.

A group of staff at the elementary are also participating in a Biggest Loser Challenge.

Oct. 8th is the Healthiest State Walk-Mrs. Watson is planning to have all students walk that day.

VI. Healthy Villages

Melissa has delivered bike racks for the elementary and middle school.

She is waiting for footprint decals to be delivered that can be used on the concrete at the elementary and middle school to mark a path for students to walk. The footprints have motivational messages on them and the middle school ones will have the distance marked on them.

Melissa has been working with Linda Whitten to provide healthy options at the concession stands. They have offered apples and caramel at a home football game this year. Other suggestions include: cheese sticks, frozen fruit, and subs-premade at Circle B. Melissa has also discussed limiting the number of candy options.

Discussed the need for pictures of what is for sale in the concession stand to help kids and adults decide more quickly.

Melissa has also been working on motivational posters that feature student athletes making healthy choices.

VII. Other

CDC sub grant-Year 2

Sara will be attending a workshop in October and then will be able to apply for funding. Funding will be available for-water availability, HUSSC application, and Comprehensive School Physical Activity Program Implementation. Sara is working on a newspaper article about equipment the district purchased with the year 1 funds.

HealthierUS School Challenge-applications for elementary and ms/hs were completed in the Spring, we are still waiting to hear if we will receive an award.

Gayle is working on a newspaper article about breakfast/grab 'n go, 2 meal choices, as well as self-serve at the elementary.

Summer Food Program

Discussed needs for next summer: someone to manage/coordinate the program and volunteers to deliver meals to communities.

Dr. Ewell has talked to the Senior Meal site about the device that they use to pack the meals...we would buy the packaging and the device is included.

Discussed groups that we need to talk with about the program and ask for assistance include:

Snacks in a Sack group

Using libraries as distribution sites

VB Staff

Retired teachers group

Mentoring group

VIII. Next Meeting

Thursday, April 9th at 5:30 p.m.

IX. Adjourn