**School Wellness Policy Advisory Committee**

**Minutes**

**General Meeting Scheduled for October 20, 4:00 PM BMES Multipurpose Room 4:05**

**Introduction of Committee Members**

Jillian Mills **–** Food Service Director

Kaylee Tolbert – Wellness Coordinator

Jimi Newkirk – ASP Director

**Set Goals for the District**

We utilize the S.M.A.R.T Goal System to formulate goals that promote wellness within our district.

**S**pecific: Clearly state what we are trying to accomplish, the 5 W’s….

**M**easurable: We can measure to track progress. This can be done through any quantitative means of measure…

**A**ction-Oriented: States what action needs to be taken to reach the goal…

**R**ealistic: We want our goal to be attainable…

**T**imely: States a time limit. This year, the next 3 years….

**GOAL 1:**

**Staff Wellness – Kalee Tolbert – School Wellness Coordinator**

* Run step challenges for faculty to participate in both individually and on teams
* Run challenges to improve overall health such as increasing water intake, preparing meals at home and reducing alcohol intake.
* Sending out weekly newsletters covering a variety of health topics, focusing on awareness months (ex: October- Women’s Wellness, November - Men’s Wellness)

**Staff is utilizing the “MOVE SPRING” app. Staff logs in and competes in activities to earn fitness based incentives. Use activity trackers (phones/watches/rings) to compete. Having great participation!**

**GOAL 2:**

**Fundraising – Move from food sales to action oriented**

Look at Apex, Redrover, any other ideas?

**Apex is already scheduled**.

We want to move fundraisers from food sales (ie…Popcorn, snacks, suckers, candy sales) to action related fundraisers. A few companies like Apex and Red Rover have been discussed. Fun Runs and Color Runs are popular with the HS.

**Some “Food Based” fundraisers are already scheduled but are meant for “Out of school” consumption.**

**GOAL 3:**

**No Hungry Students – Jimi Newkirk (ASP Director) and Jillian Mills (F&N Director)**

We will do our best to prevent child hunger. We see hunger in classrooms and have knowledge that there is a lack of food in some homes. We are going to address this with teaming with or local WIC office and participating in the Weekend Food Program. We also will provide students with a no-cost snack if they are needed. Teachers can allow students to participate in snack by sending any hungry child to the lunchroom. Child is given a Smart Snack compliant snack. We are also going to utilize a Share Bucket in our Breakfast Program. Any student can pick prepackaged items out of our share bucket. This will start immediately.

**Look into a program for weekend food. Create an action team to identify students that need extra food. Ask the principal, secretaries, school counselor about joining our group.**

**GOAL 4:**

**Play Ground Activity – Lety Caro (Could not attend)**

Students are provided with various sporting equipment and a choice of activities during recess. Recess duty staff encourage students to get out and choose activities over sitting at tables and visiting. All students are given the full 15 minutes of lunch recess.

**Great job! Students are participationg in activities well. Can we look into new playground equipment? Is there even a budget for this?**

**Review of Current School Wellness Policy**

**Any Recommended Revisions: None**

**Any Recommended Additions: Put something in there about home baked goods for approved holiday parties. Some people don’t have the same level of cleanliness.**

**Verification of compliance with Nevada State Wellness Policy. No issues.**

**New Business**

**For approved party days, teachers can send out “Food Assignments” for more healthy options? We all appreciate this idea! Maybe put out a flier that teachers can utilize.**

**Next Meeting Date:\_\_\_\_\_\_\_TBA\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Meeting Adjourned: 4:55**