

RGS Wellness Committee Minutes
April 14, 2021 - 2:00-3:00 p.m. via Zoom

I. Introduction of members/roles

- A. Establish roles on the committee - chair, timekeeper, minutes
Chairperson - Gail Claverie
Minutes - Rich Hartford
Timekeeper - Judy Nelson

II. Purpose of the Wellness Committee

*Helps us to meet the requirements of the USDA food nutrition program, but also meets the requirements of the law in having a school district policy.

III. Review of Wellness Policy

*We reviewed the membership and Katie will reach out to Tracey Fitch from the Food Service program to join our committee.

*Katie mentioned that we have a Wellness Committee link on our SAU 56 website and she will upload the information to that site as a requirement of notifying the public.

*Rich will review the Parent-Student handbook for the 2021-22 school year and make sure there is information in there about the Wellness Committee.

*Rich/Judy shared information about the parent request to consider adding a full-time physical education teacher to the school district's budget. Judy expanded to share that it would be challenging to have a full time teacher for less than 150 students. Celia added that the Recreation Committee would also like to be involved.

IV. Triennial Assessment Tracking form

*Katie recommended that we work towards filling out the assessment form. She does not believe it needs to be completed by the end of June, but she will double check.

*Katie recommended that we come back to our next meeting with ideas to fill in for each of the sections on the assessment form. Rich has placed Physical Activity as a future agenda item that we should focus on next time.

*Celia asked about our intramurals programs. Judy shared that it came down to a staffing issue. Rich confirmed, but also shared that there were some activities that were held last school year prior to the pandemic.

*Josh asked what the mission of this committee was, whether it was to ensure the compliance of this form, adjust/change the policy, or otherwise.

V. Questions

*Josh asked about the phrase of physical activity for “3-5 minutes at least 3 days per week.”

*Josh asked about the nutrition phrasing “The District will ensure that all schools provide students with multiple activities each year that include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.” He wanted to know whether or not we needed to be more specific. Katie shared that for school policies, most are written open-ended purposefully.

VI. Future agenda items

- A. Review of meeting minutes
- B. Physical Education position/Physical Activity at school
 - Balance of work time vs. Physical Activity time
- C. Coordination with other groups
- D. Triennial Assessment form
- E. NEXT MEETING - June - to be determined....

Respectfully submitted,
Rich Hartford - April 14, 2021