

# Wellness Committee

## Fall Meeting

September 12, 2006

Mr. Cale called the Wellness Committee meeting to order at 3:30 PM. The location of the meeting was in the Family and Consumer Science (FACS) classroom/lab. Members present: Peggy Johnson (TMCC), Barb Frydenlund (Rolette County Health Nurse), Tanya Worrall (FACS Instructor), Debbie Trotter (Elementary Teacher), Patsy McCloud (St. John School's Head Cook) and Randall Cale (Middle and High School Principal).

The agenda for this committee meeting was to evaluate the Wellness Policy and then have an open forum/discussion on nutrition, health, physical activity, and other wellness issues affecting St. John school students.

The Wellness Policy that the St. John School Board read in July and August was mailed to the committee members prior to the meeting. Those issues, that the board had questions on, were addressed and the policy was reworded to address the concerns.

### Topics of discussion:

- Hand Sanitizer Dispenser for the lunch room line
- Invite the TMCC students to help promote healthy choices – scripted presentations
- Native American's and Diabetes
  - December 2005 report from the St. John Public School Acanthosis Nigricans(A.N.) screening (K – 8<sup>th</sup> grade).
    - Report Statistics;
      - 18% of students screened had A. N.
      - 21% of students screened were overweight
      - 14% of students screened were obese
- The staff needs to be setting an example for the students
  - Teachers with pop on their desks
  - Wellness programs for the staff and faculty
- Concession sales – having healthy choices available
  - Give away sample trays of fresh fruits or fresh vegetables
  - Have the fruit/vegetable trays cheaper than other options
  - Have smaller portions available of the fruits/vegetables, e.g. in a cup
- Birthday or other class parties
  - One day a year for sweet treats other times they must be a healthy snack
- Vending Machines
  - Put more milk, water, flavored water, and real fruit juice in the machines
  - Phase out the purchase of the high sugar-energy drinks during school hours
- Fundraisers
  - Healthier selections rather than candy, and other sweets

Meeting was adjourned at 4:45 PM.

**HEALTHY SCHOOL NUTRITION ENVIRONMENT  
WELLNESS POLICY  
St. John School District #3**

The St. John School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the St. John School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religions, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including School Breakfast Program, National School Lunch Program to including after-school snacks).

The St. John School District promotes a Health School Nutrition Environment. The District supports and promotes:

**1. School Health Council**

- The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council(s) will also serve as resources to school sites for implementing those policies. A school health council should consist of a group of individuals representing the school and community, and should include parents, students, food service professionals, school board members, school administrators, teachers, and health professionals.

**2. A comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.
- Every student in grades kindergarten through the 12<sup>th</sup> grade shall be encouraged to participate in a school-based physical activity, either a physical education class, competitive sport, an intramural sport, or simply recess.
- A certified physical education teacher will teach all physical education courses. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment (e.g. in learning activities, classroom snacks, etc.)
- School personnel are encouraged to be good role models.

**3. Proper dietary habits contributing to students' health status and academic performance.**

- All foods available on school grounds and at school-sponsored activities *during the instructional day* should meet or exceed District Nutrition Standards.
- Recognizing that people/students eat/drink what an entire package is, it is recommended that smaller serving sizes be sold.
- Pop will not be placed in the vending machines with the exception of the vending machine in the staff workroom.
- Emphasis should be placed on foods that are nutrient dense per calorie, whether they are served or sold.
- Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals/snacks.

**4. A sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and coordinated with the food service program.**

- The nutrition classes should be taught by well-qualified and well-supported staff and should be aimed at influencing students' eating habits (behaviors) as well as their knowledge and attitudes.
- Teachers will implement the NCEC Family and Consumer Science, Health, and Physical Education curriculum guides.

**5. A food service program that employs well-qualified staff who efficiently serve appealing choices of nutritious foods that comply with or exceed federal and state standards.**

**6. Pleasant eating areas for students and staff with adequate time for unhurried eating.**

- Everyone should have a minimum of 20 minutes to eat a meal.
- Meals should be scheduled at appropriate times, e.g., lunch should be scheduled between 11:00 AM and 1:00 PM.
- Schedule lunch periods to follow recess periods, if possible.
- Provide students access to hand washing or hand sanitizing before meals or snacks are eaten.

**7. Marketing of healthy eating.**

- Promote healthy eating to students, parents, teachers, administrators, and the community.
- Give students positive, motivating messages about healthy eating and physical activity throughout the school setting.

## **8. Staff wellness**

- Plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Establish and maintain a staff wellness committee that will develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The committee will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff members.

## **9. Monitoring the Wellness Policy**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established Wellness Policy. That report will be provided to the school board and also distributed to the school health council, administrators, and school health services.

## **10. Policy review/assessment**

To help with the initial development of the St. John School District, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. See <http://apps.nccd.cdc.gov/shi> (School Health Index) which is a tool that can be used to identify the baseline data. Other web sites that can be used include:

[www.cdc.gov/nccdphp/dnpa/obesity/trend/](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/)

[www/cdc/nccdphp/dash/yrbs](http://www/cdc/nccdphp/dash/yrbs)

[www/actionforhealthkids.org/AFHK/tools/profiles.php](http://www.actionforhealthkids.org/AFHK/tools/profiles.php)

[http://www.fns.usda.gov/tn/Health/MI\\_checklist.pdf](http://www.fns.usda.gov/tn/Health/MI_checklist.pdf)

The results of these assessments will be compiled at the district level to identify and prioritize needs.

Assessments should be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the St. John School District will review the Wellness Policy, ensure that the school environment supports healthy eating and physical activity, and validate the implementation of the FACS, Health, and Physical Education curriculum guides. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## District Nutrition Standards

AREA	STANDARD
<p><b><u>School Day:</u></b> Defined as from the beginning to the end of the instructional day.</p>	<p><b><u>Healthful Food and Beverage Choices Will Be Available</u></b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Milk 1% Fat and Skim</li> <li>• Provide alternatives to milk, i.e. Soy, Lactose Free, etc.</li> <li>• 100% fruit juices</li> <li>• Fresh fruit and vegetables</li> <li>• Whole grain breads</li> <li>• Trail mix</li> <li>• Granola bars</li> <li>• Vegetable Salads</li> <li>• Fruit Salads</li> </ul> <p><b><u>Portions Available:</u></b></p> <ul style="list-style-type: none"> <li>• Appropriate portion sizes vs. age of student.</li> <li>• Limit servings to “seconds”</li> </ul> <p><b><u>Food Standard</u></b></p> <ul style="list-style-type: none"> <li>• Sugar is not listed as first ingredient.</li> <li>• Nuts and seeds are allowable; candy is not allowable.</li> <li>• Fruits and/or vegetables shall be offered for sale at any location where food is sold.</li> </ul> <p><b><u>Beverage Standard</u></b></p> <ul style="list-style-type: none"> <li>• 100% Fruit Juices</li> <li>• Vending machine with water and milk will be left on all day. Vending machine with high sugar energy drinks and fruit juices will be off during school hours.</li> </ul>
<p><b><u>Fundraising</u></b></p>	<p><b><u>Food Standard</u></b></p> <ul style="list-style-type: none"> <li>• Food fundraising on campus, which will be consumed within the instructional day, will be expected to follow the district nutrition standards.</li> </ul>
<p><b><u>Concessions</u></b></p>	<ul style="list-style-type: none"> <li>• Fresh fruits and/or raw vegetables will also be offered for sale.</li> <li>• Fruit juices will also be sold/available.</li> </ul>

**These standards are meant to be a beginning and may be revised in the coming years. The standards need to be sustainable, consistent, and flexible.**

**Date: November 15, 2006**