

POLICY COMMITTEE MEETING
Monday, June 6, 2022
Immediately Following Education Committee Meeting
NLMS Auditorium

Committee Members				Remaining Meeting Dates
X	Gale Husack - Chairperson	X	Eric Hill	August 1, 2022
	Michelle Heckman - Co-Chairperson	X	Gene Marks	September 5, 2022
	Chad Christman	X	Scott Pyne	October 3, 2022
	Robert Keegan	X	James Schnyderite	November 7, 2022
X	Matthew Link	X	Michael Strohl	
X	Tania Stoker		Robert Vlasaty	
X	Todd Breiner		Jennifer Butz	
X	Michele Dotta	X	Tim Weaber	
X	David Hauser	X	Nichole Fink	

Also in attendance: Greg Derr, Steve Haas, Frank Gnas, Donna Kulp, Kate Farber

AGENDA

POLICY

- Policy #246 - [Wellness](#) (Dr. Stoker / Mrs. Fink)
- Dr. Stoker explained the required policy and guidelines
- Board members on the committee supported the policy moving to the full board for consideration at the next board meeting held June 13th 2022.
- Mrs. Fink explained the wellness policy triennial assessment tool/survey, highlighting areas of strength and areas of improvement.
 - Triennial Assessment / Survey Review

1. Public Involvement

- a. We complete an assessment of our wellness policy every 3 years and update accordingly
- b. We post our wellness policy and the results of our assessment on our website under the food service tab
- c. Meet Annually to discuss implementation and status of our wellness policy (last meeting in May)
- d. Invite the public to attend our meetings and provide input
- e. Our wellness committee comprises a variety of members from the community including board members, administrators, Food service staff, School health professionals, Parents, and Students

We look to add an additional meeting each year for a total of 2 instead of just annually. One midway through the year and another at end of year. The meeting mid-year will be to identify any gaps in our wellness promotion, so that we can focus on those for the remainder of the school year.

2. Nutrition Education

- a. We integrate nutrition education in our health education courses
- b. We have provided nutrition newsletters to educate families on various nutrition topics
 - i. These have included healthy recipes for families to make together at home
- c. Resources for nutrition education provided on our school website where parents have access to nutrition and wellness information

My goal for next year is to provide newsletters on a monthly basis that cover various nutrition topics. To include healthy snack ideas, and recipes to make at home.

Nutrition education by Food Service Director and/or dietetic intern in the classroom in addition to their regular curriculum (partnering with health education teachers)

3. Nutrition Promotion

- a. We offer whole grains, fruits, and vegetables daily at breakfast and lunch
- b. We have provided food sampling in our cafeterias and in the classroom, so students can try new foods, and have a hand in selecting menu options
- c. Food service staff encourage students daily to take all 3 meal components at breakfast and all 5 meal components at lunch (which include a grain a fruit and a milk at breakfast, and a protein, grain, fruit, vegetable, and milk at lunch) to make a balanced meal.

Utilize our primero edge software program to calculate nutrition facts information for the entrée items on our menus so that parents and students can have access to total calories, carbohydrate, protein, fat, and sodium content

Partner with local farms to incorporate more locally grown produce, and potentially field trips to local farms so students can learn about agriculture.

Provide more opportunities for food sampling in the cafeteria and in the classroom, as well as cooking demo's, and surveys/polls to vote for featured menu items

4. Physical Activity/Physical Education:

- a. We identify that physical activity is highly inherent to the NLSD community. Students enjoy recess, gym classes, competitive sports, afterschool activities, and summer recreational activities. Recess breaks are a minimum of 15-20 minutes daily at the Elementary levels. This contributes to their daily 60 minutes of physical activity that is recommended for students by the CDC.

Partnering with local recreational parks and facilities to continue to promote physical activity after school hours as well.

5. Other School Based wellness activities:

- a. We Provide adequate space and time for students to eat their meals (Breakfast is 10-15 minutes, and lunch is 30 minutes).
- b. It is a joint effort by our food service, custodial and maintenance team to keep a safe and sanitary environment for the students to come to eat.
- c. Our school food service staff maintain their food safety certification and complete continuing education annually as required by federal regulations
- d. Over the past 2 years during the hart of the COVID pandemic we have effectively adapted to a grab and go style breakfast service, where students were able to grab their breakfast and eat in their homerooms at the start of the day (this helped increase our participation in our breakfast program specifically)
- e. We also provide annual dental exams and physicals to all students

Researching and utilizing available funding and additional outside programs within the community to enhance student wellness in the areas of nutrition and physical activity.

6. Nutrition Guidelines for all food and beverage at school:

- a. All food and beverage provided at breakfast and lunch programs comply with the federal meal standards (low fat, low sugar, low sodium (do not salt food in the cooking process), whole grain bread products, 2-4 oz protein elementary verses secondary schools the later), fresh fruit and vegetables, etc.)

- b. Healthy snack and beverage options provided at school sponsored events such as school dances, and sporting events (fresh fruit, vegetable trays, grilled chicken sandwiches, etc)
- c. We have a limit to no more than 5 school fundraisers per year that are exempt from meeting the smart snack guidelines (ex: students selling candy for example)
- d. Majority of our snacks that are sold ala cart in our cafeterias are smart snack compliant which means they meet nutritional regulations set by the USDA.

Working to have 100% smart snack compliance for all of our ala cart snacks available for next year. Over the last 2 years there has been flexibility with this due to COVID pandemic and supply chain issues and not being able to get access to all smart snack eligible products

Our updated wellness policy will be published to our website, along with this assessment. We invite anyone interested from the community to be apart of our wellness committee and attend our meetings to provide us feedback.

Next meeting is scheduled for Monday, August 1, 2022.