

Wellness Policy #721.1 Committee – Meeting Minutes

Monday, February 3, 2020 | 4:00 to 5:30 | DSC – Board Room

Attendance: Sarah Aldrich, Katie Carter, Bobbi Jo Grummons, Kerri Kvasager, Esperanza Lee, Joyce Loveridge, Mark Panek, Chloe Richter, Claire Ryan, Jana Stepka, Lauren Stordahl, Scott van Overmeiren, Zachary van Overmeiren, Jodi Witte

Absent: Gary Diamond, Sylvia Dobgima, Emily Firchau, Mike Johnson, Bridgitt Looney, Julie Nielsen, Kari Schmitz, Claudia Velasco

AGENDA	SUMMARY AND FOLLOW-UP
Wellness Policy – purpose and guidelines	<p>Our purpose is to participate in the wellness policy process by working together to</p> <ul style="list-style-type: none">• increase awareness of the policy throughout the school district and community.• assess implementation in our schools and work towards greater implementation and continuous improvement.• to promote student health and wellbeing in our schools and the community. <p>Wellness Policy #721.1 is found on Nutrition Services website here.</p>
Welcome/Introductions	Participants shared a personal wellness success for 2019.
SHIP 2020	Jodi Witte and Chloe Richter (Washington County Public Health) shared our District’s Statewide Health Improvement Plan (SHIP) grant activities for 2020. More info here .
Upcoming Mental Health	<p>Teens, Technology, and Mental Health Parent Ed sessions from Prairie Care Grant. Flier here. Next Session: <i>From Online Safety to Digital Citizenship</i> March 25 6:30 – 8:00 p.m. at WHS. Topics include: cyberbullying, sexting and online cruelty, monitoring your child’s online activities, communicating and connecting to your teen. The event is free and open to all families – but targets middle and high school ages.</p>
Vaping/Tobacco -- Status in our Schools	<p>Tim Hofmann, Asst. Principal at Cottage Grove Middle; Aaron Pozzini, Asst. Principal at Woodbury High School; Gina Johnson, Youth Service Educator.</p> <ul style="list-style-type: none">• High School: vaping today – very different than 4 years ago. Products are smaller, cheap, easy to use and harder to detect. It is super easy to get away with using. Use is “rampant.” Mornings quiet, but afternoon use picks up because some kids cannot go all day without using.• Middle School: not as rampant as high school. Don’t see much in 6th grade as kids are still learning about possibilities, but do see by 8th grade.

	<ul style="list-style-type: none"> • Schools do know it’s happening in bathrooms – challenging to address the issue and deal with addiction instead of ineffective consequences for behavior. Students can get suspended after several violations and must complete educational vaping course. Education and support is needed to address addiction – also with families. • Seeing more THC cartridges this year, which is a felony for a student to possess. • Youth Service Bureau – Gina is in Gr 6-12 schools educating, and supporting students about vaping/tobacco, drugs, alcohol, and other critical health topics. Also offers parent education nights. Peer to peer work is more effective. We cannot suspend our way out of addiction problems. Instead of ticket to School Resource Officer, referral to YSB diversion specialist – restorative justice program. Access to Quit resources & cessation programs. Need to address high-risk behaviors, teach coping skills, and provide support. • Parents have different responses to violations and mindsets about vaping. Goes from lack of awareness to denial to supplying kids with vaping products. • Kids do online research, but info is not always reliable, vetted resources. Worst case scenarios are happening in metro area and elsewhere with kids being hospitalized with serious life-threatening conditions. • New law soon to take effect – age 21 to purchase any tobacco products, so vaping should be less accessible. • District – last fall worked on common framework for schools to address vaping issues. Important to have common language and send the same messages.
<p>Nutrition Services Spotlight</p>	<p>More taste testing at parent events planned to increase awareness about food served and trends. Will highlight things made from scratch like marinara sauce and expanding vegan and vegetarian food options, like black bean burgers and chickpeas over rice.</p> <p>Q&A with Bobbi Jo based on questions from last meeting.</p> <ul style="list-style-type: none"> • Nutrition Services is aware of concerns between meat and cancer, but not heavily researched internally at this point. All foods served in SWCS meet state/federal requirements. They will continue, however, to provide more vegan and vegetarian choices. • Time to eat lunch – is not sufficient for some children. This issue has been discussed, but difficult to address with short school day and many academic demands and accountability requirements. Finishing tables are offered in K-5, but may not be used well. • Share tables – for uneaten food. Good idea but difficult to manage food safety, allergies, etc. • New milk distributor – container affects taste of milk and many children dislike. Will be up for bid soon and hope to change distributor. • Some common packaged foods purchased in grocery store have different ingredients than the same named product served in schools like Lucky Charms. Foods must meet requirements. <p>Serve vs offer / Nutrition Services meal planning & requirements: Bobbi Jo touched on these areas – more to come next meeting.</p>

<p>Exit – Share something that you learned today</p>	<ul style="list-style-type: none"> • How many students are truly vaping. • I learned about the Youth Service Bureau and the services and classes they offer kids and the community. • More about vaping and how kids get into the habit early on. • School administration and public are unaware of T21 law passing (age 21 to purchase tobacco). • Great info about vaping in schools. Nice to have principals in the conversation. • Glad to hear about the support that is offered for students that have started vaping to get the bigger problem solved. • Learned so much about vaping, but still so clueless because I don't even know how it works and how much nicotine it has, and how much THC is in them. So confused. • The vaping info was great. As a parent of 2 teenagers, I've made myself aware of this problem, but I still learned a lot tonight. Thank you. • The vaping problems – with middle and high schoolers. • I didn't know the age to purchase tobacco products is being raised to 21. • Nutrition Services has weekly meal plans to create that must meet required guidelines.
<p>NEXT MEETING</p>	<p>This is the third and final meeting for 2019-20 school year.</p>