

Wellness Policy #721.1 Committee – Meeting Minutes

Monday, April 1, 2019 | 4:00 to 5:30 | DSC – Board Room

Attendance: Jana Stepka, Kerri Kvasager, Looney, Kari Schmitz, Chloe Richter, Bobbi Jo Grummons, Julie Nielsen, Jodi Witte, Gary Diamond, Mike Johnson.

AGENDA	SUMMARY AND FOLLOW-UP
Welcome – Intro’s - Sharing	Summer time – favorite activity to relax and refresh. Water, cabins, yoga in the park, exploring random places, running, camping, outdoors.
Birthday Treats - School Status	Principals Candy Gram (Bailey El) and Jennifer Holt (Red Rock) shared info on their no-treat school status. Enforcement hasn’t always been easy, but over time the no-birthday treat policy becomes the norm.
	Bailey: was implemented due to the inequities – staff agree to try no treat. It takes time for some to comply, but happens over time. Bailey still wants to make the birthday child’s day special and does this in many ways. This helps ease parent concerns.
	Red Rock: no food sold in school store. The no-treat policy is in school handbook and language makes it easier for teachers and office staff to communicate with families. Language and empowering staff to support the policy is important because they must handle difficult situations. Red Rock offers a few special days with food. These days are planned so they can be controlled to keep kids with food allergies safe.
	Traditions are a big challenge. Hard to draw the line on some of the cherished activities.
	Important to note that food rewards work for a few high needs students. This is used for unique cases.
	Jodi conducted informal phone survey with 10 of the 15 elementary principals – 5 no treat birthday guidelines; 5 no guidelines; 2 moving that direction and would welcome district policy to support; 2 not an issue –district intervention not needed. Issues affecting decision-making: food allergies, socio-economic inequity, classroom disruption/time, too much sugar/unhealthy and school culture.
	Committee member perspectives <ul style="list-style-type: none"> • Food allergy safety should take precedence. It’s hard to monitor. One tragedy is too many. • It should be a school decision – different for different schools. • We need to talk with teachers and staff more to hear their perspectives and experiences before moving forward. • The policy is only as good as enforcement.
Next Steps for Committee	<ul style="list-style-type: none"> • Need to communicate and get feedback from teachers and staff – possible survey. • Assistant Superintendent’s Mike and Julie will communicate with principals regarding this matter. • Roll out a plan focused on birthday treat alternatives. Work to get buy-in with teachers/staff.

	<ul style="list-style-type: none"> • Possible no-birthday treat language added to policy that would phase the policy in over a few years. • Chloe will send language from Stillwater Public Schools and other resources to support action planning.
Mindfulness in our Schools	Red Rock – Jennifer Holt shared mindful movement practices they are doing to help children self-regulate and develop lifelong skills for calming, releasing, and focusing. Red Rock has a calming room and mindful spaces where students go when triggered emotionally. Teachers use calming kits and a variety of movement routines, based on student need. Now part of school culture. It is based on brain research.
Other Topics:	<ul style="list-style-type: none"> • Afterschool programming treats • Breakfast in our Schools offered for all kids. • WHS SWAG (student wellness action group) with Gary Diamond. Student group takes on projects to highlight student and wellbeing.
Next School Year	Communications will be sent about Wellness Policy member continuation for 2019-20 SY.