



SoWashCo Wellness Committee: Meeting Minutes

Date and Time: Monday May 23, 2022

Attendees: Kristine Schaefer, Bobbie Jo Grummons, Lynn Walek, Theresa Gravalle Foss, Brittini Karst, Rochelle Sward

Topic:	Action Plan/Decisions:
<ul style="list-style-type: none"> • Wellness Policy Revisions 	<ul style="list-style-type: none"> • Mental health and childhood obesity; consider sections for policy and/or its addition into the health curriculum. • Update Physical Education section to reflect recommendations on weekly physical activity (not all HS students need to take phy ed although encouraged). • Highlight the use of food trucks on school properties during school hours. (Currently not smart snack/USDA guideline compliant). • Rephrasing outdated terminology • Update product marketing in both schools and policy sections.
<ul style="list-style-type: none"> • SHIP Grant (where is funding going?) 	<ul style="list-style-type: none"> • Social and Emotional learning (SEL) training of district staff. • Hydration stations in Newport, Royal Oaks, Crestview, and Grey Cloud elementary schools • Robot Coupes in each secondary school to promote smarter lunchrooms. Maximizing prep time among nutrition staff.

<ul style="list-style-type: none">• Goals for the Committee: Next Meetings: Monday October 10, 2022 Monday January 23, 2023 Monday April 3, 2023 Time: 4-5:30pm	<ul style="list-style-type: none">• Meet in Person!• Bringing Youth Advisory Committee to our meetings, perform taste testing of new/available product.• Kitchen tours for committee members• Expand our committee: Recruit student representatives, parents, and district staff.• Farm to School Initiatives- Health Teacher Spotlight
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