

WPC Meeting Minutes December 7, 2016 5:00p.m.-6:20p.m.

1. Introductions/Attendance
 - a. Joan Chiarello, RD, SNS-DVUSD Food & Nutrition Director
 - b. Nona Bennett, RDN-DVUSD Food & Nutrition Coordinator
 - c. Sarah Martinelli, MS, RD-Past Food & Nutrition Coordinator, ASU, Community
 - d. Julie Pruitt-DVUSD Park Meadows Food Service Manager
 - e. Tracey Murray, RN- DVUSD Health Center Sierra Verde
 - f. Pam Peters-DVUSD Food Service Manager Mirage
 - g. Lynn Miller- DVUSD SDOHS Principal
 - h. Debra Lawhon, LPN- DVUSD Health Center BGHS
 - i. Kristina Hesse, Parent Sonoran Foothills
 - j. Christine Hicks, RD- Parent Sierra Verde, County Health Department
 - k. Carrie LaSharr-DVUSD Classified
 - l. Tricia Holmes-DVUSD Title I Parent Liaison Sunrise, Parent
 - m. Carmen Johnston-Parent, ASU
 - n. Jamie Miller, RN-DVUSD Health Center Legend Springs
 - o. Jeannette Soto, LPN-DVUSD Health Center Sunrise
 - p. Shane Hesse, PhD-Parent Stetson Hills, ASU
 - q. Aimee Wojciechowski-DVUSD Teacher (4th) Village Meadows
 - r. Amy Edrington-DVUSD Teacher (1st) Terramar
 - s. Jaclyn, Fern-DVUSD Teacher (3rd) Terramar
 - t. Amy Peronace-Parent Sonoran Foothills
 - u. Tony Casarella-DVUSD Teacher BCHS (Coach, Health Ed), Parent
 - v. Kenneth Bloomfield-DVUSD Teacher (PE) Legend Springs
2. Introduction to Policy –Joan
 - a. Why a wellness policy?
 - i. Healthy kids learn better and have higher test scores
 - ii. Important tool for reducing childhood obesity and chronic disease
 - iii. Desire to help “whole” child be successful
3. Overview of Wellness Policy Requirements-Joan
 - a. Healthy Hungry Kids Act 2010
 - i. Strengthened wellness policy requirements from 2004 reauthorization
 - b. Summary of Final Rule 29, 2016
 - i. Additions for School Wellness Policy and evaluation
 - ii. Specific goals for nutrition education, physical activity and wellness promoting activities
 - iii. Policies for food and beverage marketing.
 - iv. Leadership, evaluation, implementation and public updates
 - c. Why we need you
 - i. Requirements for stakeholder input
4. History of DVUSD Wellness Policy-Sarah
 - a. Progress made by WPC in SY 2015-2016

- i. Review of SY2015-2016 WPC work
 - ii. Review of survey conducted SY 2015-20116
 - iii. Review of recommendations made in policy draft
 - b. Recommendations made by Dr. Gayle Galligan
 - i. Review of recommendations during review
 - ii. Take specific wording and separate into AMGs to have generic board policy
 - iii. Recommendations for increased PE requirement were asked to be modified
- 5. Steps to Finalize Policy for January Board Review-Joan
 - a. General Policy to Board
 - i. Discussed recommendation of having new policy in generalized form to Board in January.
 - ii. Important to present in manner to get principal buy-in. Also works as a Grassroots effort on a school by school basis
 - b. AMGs: Rough Drafts by March 28th meeting
 - 1. Discussed AMGs and issues in implementation
 - 2. Separate wellness website needed
 - 3. Committee members may choose which AMG to work on
 - c. AMGs recommended:
 - i. Nutrition:
 - 1. Celebration
 - a. School policies may be more specific and are encouraged to have a strong line against food celebrations
 - 2. Rewards
 - a. Food rewards discouraged local school wellness may be more specific than district policy
 - 3. School Events
 - a. After school concession
 - 4. Competitive Foods and Beverages
 - a. Smart Snack Standards and AZ Nutrition Standards
 - ii. Nutrition Education
 - 1. Education Topics
 - a. Teach students and they will teach family members
 - b. K-6 new PE curriculum being revised
 - c. Grants available
 - 2. Professional Learning
 - a. Encourage teachers to take course to learn to incorporate nutrition and physical activity into classroom lessons.
 - iii. Nutrition and Wellness Promotion
 - 1. Health and wellness promotion
 - a. Suns, Coyotes and Cardinals will all come to schools
 - b. Teachers that have great examples-encourage sharing on wellness website. Success stories and best practices
 - i. Alliance for a Healthier Generation, HealthierUS School Challenge, CDC School Health Index, Fuel up to play 60

2. Food and beverage marketing
 - a. Vending machines on campus are often a source of questionable foods.
 - b. Students and teachers selling Girl Scout cookies on campus
 3. Other activities that promote student wellness
 - a. Fun runs organized through PTA to keep money at schools
 4. Community health promotion and Engagement
 - a. Some schools encouraging family cooking
 - iv. Physical Education
 1. Requirements
 - a. Not required in MS and HS ends up being 1 semester when paired with health education 1 semester.
 2. Waivers and exemptions
 - a. Request HS PE teachers to review exemptions and waivers.
 - v. Physical Activity-In the classroom
 1. Health Education
 - a. Less time for health education
 2. Brain Energizers
 3. Active Academics
 - a. Minutesoutofyourseat.org in conjunction with the Final Four to be held in AZ
 - vi. Physical Activity-out of the classroom
 1. Recess
 - a. Recommendation recess before lunch
 - b. No punishment during recess
 2. Before and after school activities
 3. Active transport
 - a. Safe walking routes, walk/bike to school
 - vii. Staff Wellness and Health Promotion
 1. Working with HR and Kendall Taylor at Valley Schools
 2. Healthy Active Worksite course available online by Dr Hesse
5. Next WPC meeting January 26th, 2017, 5:00p.m.