

## **MEETING MINUTES**

Guthrie Public Schools

Wellness Committee

GPS Board of Education – Conference Room

December 6, 2018

Meeting called to order at 3:45pm by: Michelle Chapple, Chief Financial Officer & Wellness Committee Chair

Note taker: Jana Wanzer, Treasurer & Child Nutrition School Food Authority (SFA)

Committee members present: Michelle Chapple (Admin), Jana Wanzer (Admin), Shelby Hedge (Child Nutrition), Bethany Knight (Junior High), Bret Stone (High School), Carmen Walters (Admin), Dani Watson (Central), Rusty Crockett (Cotteral), Chancie Helton (Fogarty), Jeff Ball (Charter Oak), Dr. Mike Simpson (observation of meeting)

Absent: Cass Brassard (Charter Oak) – schedule conflict

### Agenda Items:

Ms. Chapple opened the meeting with greetings and introductions of committee members. She thanked members for joining the meeting today and for working hard to ensure the students and staff of GPS district are healthy. She addressed committee structure and purpose of the Wellness committee for the district and community. The agenda items overview was discussed.

The Wellness Policy and minutes from the meeting held September 14, 2017 were revisited. Ms. Chapple reminded the committee that the School Health Index - CDC Module 7 was our last task and the importance of the Whole School, Whole Community, Whole Child (WSCC) model that we have incorporated. She reviewed each WSCC component, call to action, Oklahoma State fact sheet and the promotion of parent involvement. Information packets were given to each committee member. She made a motion to complete Module 10 by January 11, 2019. It was seconded by Jana Wanzer. There was a unanimous vote to accept Module 10. All site reports should be submitted to the Finance office.

Ms. Chapple informed the committee that “e-blasts” would be sent out district wide every 90 days to include a healthy tip from each committee member of a healthy lifestyle and/or nutrition tip. It was requested of each member to submit their “healthy tip” to kick off the New Year with their submission of Module 10. Laminated signs were discussed again to ensure the different areas at all sites were visible with healthy language.

Ms. Chapple announced that GPS had been awarded the TSET Healthy Living grant in the amount of \$30,000 and that we have Certified Healthy sites district wide with Excellence rating. It was noted that each site now has the opportunity to apply for individual site grants and would be in the second semester of school. In keeping with our goals to be of assistance with the community, 211 was introduced to the committee as a helpline that directs students and parents to agencies that can assist them in crisis, and local health/dental resources. She asked that this information be disseminated at each site; especially to the counselors.

Starting on September 4, 2018 with the opening of school, Sodexo began its kickoff with new menus and signage for all cafeteria sites. They continue provide education to students on healthy choices. It was discussed that the many options available daily has been well received by students. However, Bret Stone advised that he had seen declining numbers in the students eating in the cafeteria at the high school. He would like to receive daily meal counts to assist in encouraging the students to take advantage of the healthy meal options offered. It was noted that meal counts would be provided to him beginning December 7, 2018. Jana Wanzer informed the committee that any staff member with child nutrition concerns could come see her. She is more than happy to help resolve any issues and assist with getting students on free and reduced meals if possible.

Ms. Chapple recapped the meeting and asked for questions or concerns and emphasized that the committee is to meet once a semester. The next meeting date would be forwarded. The next Professional Development day is February 18, 2019. Please watch emails for upcoming trainings involving healthy living options.

Ms. Chapple closed the meeting by reminding the committee that in order to change someone else's mindset on healthy eating and lifestyle changes, we must first start with ourselves. She challenged the group to try new healthy food items she brought to the meeting of V8 energy drinks and Kind bars. Everyone loved the items and agreed to accept the challenge. The consensus is that we are on the right track and to keep moving forward.

Meeting adjourned at 4:45pm.