

MEETING MINUTES

Guthrie Public Schools

Wellness Committee

GPS Board of Education – Conference Room

November 11, 2019

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), Cass Brassard (Charter Oak), Daniqua Bickell (Child Nutrition), Chancie Helton (Fogarty), Carmen Walters (Admin), Rusty Crockett (Cotteral), Bethany Knight (Junior High)

Absent: Bret Stone (High School), Keith Hedge (Central) – schedule conflict

Agenda Items:

Ms. Chapple opened the meeting with greetings and introductions of new 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. She reminded the committee members to convey discussed meeting items with their site staff. The agenda items overview was discussed.

The Wellness Policy and minutes from the meeting held December 6, 2018 were revisited. Ms. Chapple reminded the committee that the CDC Module ten was completed by Friday, January 11, 2019. A group analysis was conducted on the scorecard for Module 10. She informed the group that there are 11 modules total and made a motion to complete Module two - Health Education by January 13, 2020. Our next goal is to incorporate a health education curriculum analysis tool (HECAT) for the district. It was seconded by Jana Wanzer. There was a unanimous vote to complete Module. All reports should be submitted to the Finance office.

Ms. Chapple informed the committee that “e-blasts” would continue to be sent out district wide to include a healthy tip from each committee member of a healthy lifestyle and/or nutrition tip. The wellness tips previously provided by the committee members were reviewed. Everyone followed their suggested tip. An assignment was given to each member to brainstorm on site and district wide health challenges to promote healthy living. It was mentioned that additional laminated signs were needed for staff lounges.

Revisions to the wellness (F6) and tobacco (F32) policies were updated on September 9, 2019 to align with the CDC assessment tools. A copy was given to each

committee member. Certified Healthy Oklahoma School site applications were completed and submitted on November 1, 2019. We have received a rating of Excellence district wide for two years and looking forward to receiving the award for a third year. The Oklahoma State Department of Health reports regarding state percentages for obesity, infant mortality, teenage pregnancy, heart disease (the leading cause of death for Logan County), smoking/vaping, suicide, and alcohol abuse were discussed. Logan county statistics were honed in on to offer solutions to the community. Resource guides were provided with a list of agencies to contact by category with Oklahoma Safe call - 211 being the leading go to number for the school district.

The meeting was recapped and emphasis was placed on the committee meeting once a semester. The next meeting date would be forwarded. Ms. Chapple asked members for suggestions to better the efforts and mission of the committee. They are as follows:

Daniqua Bickell: Informed the committee that Sodexo, our food service management company (FSMC), rolled out new products this school year. Vo Tech students are being served breakfast now at 7:00am daily with grab and go items along with a coffee bar. Healthy concept menu items were added for the staff and students to include bento boxes, parfait cups, fresh deli subs, salad bars and prepackaged salads made fresh daily.

Rusty Crockett: Suggested usage of an area at Cotteral near old bleachers to transform into a workout area for staff. He will donate the equipment.

Cass Brassard: Informed the committee of a staff step challenge being held at Charter Oak ES that is for a one month period. Suggested maybe this challenge could be sent out district wide.

Bethany Knight: Informed the committee that the Junior High School is doing a water challenge. Drink half of your bodyweight in ounces. The site completed a walking challenge in October. On November 18th and 20th the 7th graders will host their annual Health Fair.

Carmen Walters and Jana Wanzer: Each expressed their excitement and gave encouragement regarding our new food service initiatives.

Ms. Chapple closed the meeting by reminding the committee that in order to change someone else's mindset on healthy eating and to make lifestyle changes, we must first start with ourselves as we are the face of the district. She challenged the group to try new healthy food items she brought to the meeting of protein packs, Welch's yogurt snack packs and water. Everyone agreed and loved the enthusiasm set forth for the current school year.

Meeting adjourned at 4:45pm.