**MINUTES**

**DISTRICT WELLNESS COMMITTEE**

**MEETING DATE: November 2nd, 2022**

**Members Present: (Teams)**

Kurt Marthaller, Director of Nutrition Services & Central Services

Jen Ritari, Secretary, Central Services

Mary Kaye Ericson, Administrative Assistant to the Superintendent

Katie Pipinich, Dietitian

Jennifer Friedberg, SNAP Educator

Katie Yates, Nurse

Jim O’Neill, Curriculum Director

Jennifer McEwen, Nurse

Jeremey Whitlock, Director of Transportation, Building, & Maintenance

Judy Jonart, Superintendent

Brodie Loushin, Payne West

Kurt mentioned we have guests who are Katie Pipinich who is our dietitian for the district, we have Brenna Cummings as our dietic intern, Jennifer Friedberg who is the SNAP Educator here in Butte.

The School Wellness Policy went to the Policy Committee and also to the School Board and approved. Health Enhancement is one thing that needed to be changed, and the changes have been made. We had to separate our goals in this policy, outline goals for reimbursable meals. In section #5 Nutrition Education, we had to add Promotion and add Health Enhancement. We also needed to have a section for Maintaining School Wellness which is #8. It was approved 6/20/2022. We need to do an assessment every three years, our last one was done in 2018. The plan is to go through the assessment today and then Kurt will submit the report.

Kurt sent the Policy to OPI. We hit all the checkpoints we were required to have. We only have the assessment left to complete. OPI likes how we put it on the website.

Kurt pulled up the Wellness Policy and began the assessment.

**Montana School District Wellness Policy Report**

**“Do students and family members have opportunities to provide both suggestions and feedback about the school meals program?”**

* Menus are online, Kurt’s contact information is also online. Jim O’Neill states the elementary schools are putting together surveys to go out to families and asked if there are any questions we would like to add onto the questionnaires. Kurt will get a question to Jim and Jim will get it added.

**Maintaining good communication with school staff** – Steps the district has taken to ensure that the staff within each school in the district is aware of the wellness policy’s goals and the details of the implementation of the plan. Check all that apply.

* + Information on the school wellness policy is posted on the school district website and or/through the district’s social media site**.** Kurt asked if there is anything about the Wellness Policy in the Handbooks. Jim states he doesn’t think there is.

**Maintaining Good Communication with Students, Parents, and Community Members** – Steps the school district has taken to ensure students, parents, and community members are kept informed about the wellness policy’s goals and the specific procedures, activities, or projects.

* + Information on the school wellness policy is posted on the school district website and/or throughout the district’s social media site

**Assessment of the District Level School Wellness Policy Implementation Plan:**

**Goal 1 – Nutrition Guidelines**

1. School nutrition manager is a certified food handler (as documented by ServSafe training). **This goal is met.**
2. School nutrition program staff regularly receive professional development through attending annual statewide or regional conferences. **This goal is met.**
3. School meals are planned in accordance to the USDA’s nutrition standards as set by the 2010 Healthy Hunger Free Kids Act for the National School Breakfast, Lunch, or summer Foodservice Programs. **This goal is met.**
4. The district is meeting the USDA Smart Snack rule throughout the school campus during the school day. This includes foods sold in student stores, vending machines, a la carte programs, and fundraisers. (Fundraisers that happen outside Kurt’s realm he is not sure. He suggests putting in progress and then suggests working on this.) **This goal is in progress.**
5. The district is procuring local or regionally grown foods in their school meal programs. **This goal is in progress.**
6. The district is promoting non-food student rewards and/or if foods or beverages are used as student rewards, they are nutrient-rich and are consistent with the USDA’s Choose MyPlate guidelines. Food is not used as a reward or incentive in the classroom; staff do not withhold mealtime as a punishment method for students. **This goal is in progress.**
7. The district promotes nutrient-rich food and beverages in classroom celebrations and/or promotes non-food activities, such as fun physical activities. **This goal is in progress.**
8. The district ensures that food-based fundraisers held during the school day meet the USDA’s Smart Snack rule guidelines. **This goal is in progress.** (Will discuss with other administrators after the meeting)
9. The district ensures the nutrition guidelines are met in the After-School Snack Program, the Fresh Fruit and Vegetable Snack Program, and the Summer Feeding Program. **This goal is met.**
10. The school promotes drinking water by improving access to free, safe drinking water in varied locations of the school (including the cafeteria) and through education and encouragement by staff. **This goal is met.**

**Goal 2 – Nutrition Education**

1. The district strives to achieve the recommendation of Nutrition Education by Grade Level. **This goal is met.**
2. The district teaches students nutrition education using resources based on up-to-date, scientifically-based nutrition information consistent with the Dietary Guidelines for Americans and USDA’s Choose MyPlate. **This goal is met.**
3. The district implements a Farm to School program (a program that purchases local or regional food for school meal programs, uses a garden-based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion. **This goal is met.**
4. The district utilizes school cafeterias as a learning laboratory to allow students to apply critical thinking skills in making menu selections. **This goal is met.**
5. The district encourages student engagement in nutrition education through student mentoring activities or projects and the implementation of programs such as Fuel Up to Play 60 or other programs. **This goal is in progress.**
6. Nutrition education is delivered by staff who are adequately prepared and who participate in professional development activities in order to deliver effective instruction. **This goal is met.**

“**Does your health education curriculum address all of these essential topics on healthy eating?** **After reviewing the following list of healthy eating topics, choose the option that reflects your response.”**

* + The relationship between healthy eating and personal health and disease prevention
	+ Food guidance from MyPlate
	+ Reading and using food labels
	+ Eating a variety of foods every day
	+ Balancing food intake and physical activity
	+ Eating more fruits, vegetables, and whole grain products
	+ Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
	+ Choosing foods and beverages with low amounts of added sugars
	+ Eating more calcium-rich foods
	+ Preparing healthy meals and snacks
	+ Risks of unhealthy weight control practices
	+ Accepting body size differences
	+ Food safety
	+ Importance of water consumption
	+ Importance of eating breakfast
	+ Making healthy choices when eating at restaurants
	+ Social influences on healthy eating, including media, family, peers, and culture
	+ How to find valid information or services related to nutrition and dietary behavior
	+ How to take steps to achieve the personal goal to eat healthfully
	+ Resisting peer pressure related to unhealthy eating behavior
	+ Influencing, supporting, or advocating for others’ healthy dietary behavior

**#3 = Addresses most of these topics**

**Goal 3 – Nutrition Promotion**

1. The district promotes nutrition through enhancing the cafeteria with the addition of posters, displays, bulletin boards and/or food/nutrition/healthrelated artwork from students. **This goal is met.**
2. The district promotes water and calcium-rich milk intake by making them readily available during the school day. **This goal is met.**
3. The district promotes nutrition through the sales of healthy snacks and beverages in multiple ways through foods sold in vending machines, student stores, concession stands, and afterschool school snack bars. **This goal is in progress.**
4. The signage displayed throughout the school campus promotes nutrientrich foods and beverages as much as possible as evidenced in vending machines, scoreboards, and signs posted in the cafeterias. **This goal is met.**
5. The district promotes nutrition using non-food rewards or healthy food rewards. **This goal is in progress.**
6. The district encourages staff and parents to plan classroom celebrations that include healthy foods/beverages and limit foods and beverages with high sugar and fat contents. **This goal is in progress.**
7. The district encourages staff to be role models for health and exhibit a positive outlook toward healthy behaviors through offering staff wellness activities. **This goal is in progress.**
8. The district implements Smarter Lunchroom techniques in cafeterias to motivate students to make healthful selections during the school lunch or breakfast meal. **This goal is met.**
9. The district implements a Farm to School program (this program increases local or regional food procurement, uses a garden-based curriculum with students, and includes community connections to agriculture) to provide nutrition education and promotion. **This goal is met.**
10. The district implements fundraising projects that promote nutritious choices and includes foods from one of the five food groups of the USDA’s Choose MyPlate meal guidance system. **This goal is met.**
11. The district promotes nutrition to parents, families, and the community through sharing information on school menus, newsletters, websites, and social media, in addition to food/nutrition/healthrelated classroom projects, school events, or activities. **This goal is met.**
12. The district strives to only allow marketing and advertising of foods and beverages that meet the USDA's Smart Snack nutrition standards. **This goal is in progress.**

**Goal 4 – Physical Activity**

1. The district ensures that all students in grades K-12 receive daily health enhancement (or its equivalent of 150 minutes per week for elementary students; 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special healthcare needs, and those in alternative education settings are included. **This goal is met.**
2. The district ensures that students spend at least 50% of health enhancement class time participating in moderate to vigorous physical activity. **This goal is met.**
3. The district ensures that the health enhancement curriculum demonstrates progression and sequence and is consistent with the Montana and/or National Physical Education standards for kindergarten through Grade 12. **This goal is met.**
4. The district ensures health enhancement is taught by certified health/physical education teachers. **This goal is met.**
5. The district ensures that class teacher-to-student ratios in health enhancement classes are equivalent to those of other subject areas in the school. **This goal is met.**
6. The district ensures that student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) is not substituted for meeting the health enhancement requirement. **This goal is met.**
7. The district ensures that all elementary students have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged (verbally and through provision of space and equipment) to engage in moderate to vigorous physical activity. **This goal is met.**
8. The district discourages extended periods of inactivity, (defined as two hours or more) through giving students recess time or periodic breaks during days when school-wide testing is scheduled. **This goal is met.**
9. Teachers and other school personnel do not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance. **This goal is in progress.**
10. The district offers an extracurricular physical activity program (i.e. clubs or intramural programs). **This goal is met.**
11. The district offers interscholastic sports programs. **This goal is met.**
12. Before and after school program(s) provide and encourage daily periods of moderate to vigorous physical activity for all participants. **This goal is met.**
13. The district provides training and ensures teachers implement short activity breaks to increase daily physical activity and enhance classroom instruction. **This goal is met.**
14. The district collaborates in efforts that utilize family and community involvement to increase physical activity opportunities for students. **This goal is in progress.**

**Goal 5 - School Wellness**

1. District staff strives to create comfortable cafeterias by ensuring adequate time to eat for mealtime (breakfast minimum 10 minutes seat time for students; lunch minimum 20 minutes seat time). Seat time is defined as the time students have to eat their meal (not time spent in line). **This goal is met.**
2. The district implements a recess before lunch schedule to promote a relaxed eating environment, improved food and milk consumption, and decreased food waste. **This goal is in progress.**
3. The district partners with school parent organizations to promote student wellness. **This goal is in progress.**
4. District staff and school parent organizations strive to offer healthful choices at concession stands at school sponsored events (sports, music, art, etc.). **This goal is in progress.**
5. The district implements innovative practices to increase school breakfast participation, such as breakfast in the classroom or grab and go breakfast service. **This goal is met.**
6. The district implements innovative Smarter Lunchroom practices (behavioral economics) to increase the number of students making healthful choices. **This goal is met.**
7. The district implements a Farm to School program through making efforts to competitively purchase local or regional food products; and/or include garden-based nutrition education; and/or community connections with farmers or ranchers in the area. **This goal is met.**
8. The district works with community leaders so that school facilities can be used by community organizations or agencies outside of school hours to increase physical activity opportunities for students and their families. **This goal is met.**
9. School administration works together with local public leaders to make it safer and easier for students to walk and bike to school. **This goal is met.**
10. School administration encourages professional development opportunities for teachers, administrators, and other staff on nutrition education, physical activity, and health enhancement and the link between nutrition/activity on students’ academic performance and behavior. **This goal is met.**
11. School administration offers an annual training session on school wellness strategies to staff, teachers, and school administrators. **This goal is in progress.**
12. School administration and staff partner with community groups to promote nutrition, physical activity, and wellness to students, staff, and families. **This goal is met.**
13. School administration has a well -rounded multi - component school employee wellness policy that clearly identifies strategies to promote healthy eating, physical activity, and overall wellness among school staff. **This goal is in progress.**
14. School administration provides staff opportunities to participate in physical activity programs and increase physical activity during the school day and outside of school. Example programs could include allowing flexible work schedules to give employees time to exercise, allowing walking meetings, offering fitness classes and equipment on - site, and promoting free and low -cost recreation activities with the help of community partners. **Not applicable.**
15. School administration provides staff opportunities to participate in nutrition programs. Example programs could include promoting a healthy recipe exchange between staff to create a recipe book, providing healthy cooking and meal planning classes for employees and their families, and providing classes on managing diabetes and other nutrition-related diseases. **This goal is in progress.**
16. School administration provides private rooms and flexible scheduling for breast feeding and milk pumping and on -site refrigerated storage. **This goal is met.**
17. School administration promotes health screenings and provides resources to employees on different types of screening available. **This goal is in progress.**
18. School administration promotes tobacco cessation programs to its employees, such the Montana Tobacco Quit Line or other cessation services. Employees receive a discount on insurance for being tobacco -free. **Not applicable.**

**Action Plan for Meeting a School Wellness Goal**

**Identify one goal area you would like to work on during the school year**

1. Continue to focus on meeting the nutrition guidelines by ensuring that nutrient-rich foods and beverages consistent with the Dietary Guidelines for Americans and USDA’s Choose My Plate are readily available on school campuses.
2. Butte School District will strive to create an environment that provides staff wellness opportunities to enhance overall well-being of our staff.
3. Butte School District will create a cookbook to distribute to staff, students, and families. Recipes in the cookbook will focus on meals and snacks that are consistent with the nutrition guidelines.

**Action Plan:**

Goal 1: We will continue to implement the nutrition guidelines into our school campuses. We will audit these practices on a regular basis to ensure we are meeting the guidelines and supporting the health and wellness of our students and staff.

Goal 2: The Wellness Committee will assign a sub-committee to discuss the best implementation plan for employee wellness offerings. Wellness offerings will be catered to the needs of the staff. Wellness challenges, webinars, etc. will be offered at regular intervals to support the health/wellness of the staff.

Goal 3: The Wellness Committee will assign a sub-committee to implement a process for planning a cookbook. The final copy of the cookbook will be completed before the end of the 2022-2023 school year.

**Evaluation Plan:**

**Goal 1:** Goal will be evaluated quarterly during wellness committee meetings.

**Goal 2:** Goal will be evaluated quarterly during wellness committee meetings.

**Goal 3:** Goal will be evaluated quarterly during wellness committee meetings.

**Timeline and Persons Responsible for the Goal:**

**Goal 1:** This goal will be an on-going process. The goal will start immediately and continue through the school year. The wellness Committee will be responsible for ensuring the objectives of this goal are met. Kurt Marthaller will be the primary person responsible for this goal.

**Goal 2:** This goal will start immediately with an implementation goal date of January 15, 2023. The wellness committee will be responsible for ensuring the objectives of this goal are met. Kurt Marthaller and Katie Pipinich will be the primary committee members responsible for this goal.

**Goal 3:** This goal will be completed by the 2023-2024 school year. The wellness committee will be responsible for ensuring the objectives of this goal are met. Kurt Marthaller and Katie Pipinich will be the primary committee members responsible for this goal.

Brodie asked if Kurt wants him to check through Payne West for Wellness Resources. Brodie will check into this and send out.

Kurt’s next step is to fill out the survey and complete it. Judy asked Kurt to send the draft to the committee to review before submitting. Judy asked Kurt to put a deadline on it, a specific date. Kurt’s goal is to have it filled out by the end of this week and sent out, then submitted by the end of next week.

Kurt thanked everyone for attending. We will meet every 3 months; an invite will be sent out for the next meeting. He welcomed all suggestions. He will get this sent out for feedback. Judy said we can have it reviewed by the middle of next week so Kurt can submit it before Katie Bark retires. Kurt asked to have everything back by 11/9. Judy thanked everyone for attending. Brodie will check his resources and get them to us.

Respectfully submitted,

Jen Ritari, Recording Secretary

Typed 11/03/2022