

**Wellness Committee Mtg 5/18/17**

Conf Room A/B 4:30-5:45pm

Minutes

**Attendees:**

Greg Batenhorst  
Christina Blankenship  
Matt Chaney  
Barb Daves  
Caren Etling  
Stacy Felps  
Rachel Gasawski (for Julie Connor)  
Mary Jo Gruber  
Kim Maas  
Jen Martin  
Tina Murtha  
Mina Nasha  
Marissa Pendegraft  
Debbie Reilly  
Lori Rice  
Curtis Sittenfeld  
Kelly Weygandt

**Those Invited but not in attendance:**

Dena Bashiti  
Susan Craig  
Sean Doherty  
Angela Flotken  
Robin Fultz  
Dan Gutchewsky  
Toni Siering  
Milton Stokes  
Doug Verby

Minutes of 11/15/16 handed out for approval – No objections

**Introductions:**

Mary Jo Gruber introduced herself, Barb Daves and Greg Batenhorst. Everyone then introduced themselves and stated their interest in the Committee. There was representation of at least one person for each Building.

**Updates:**

Greg Batenhorst reported on assessment of:  
Alliance for a Healthier Generation  
Food in the Buildings  
Wellness for kids

Greg explained that we are governed by Policies and that in the last year we had gone through a long process of changing them. MSBA recently sent us a policy regarding Wellness (Policy ADF), due to new Guidelines passed down through legislature. Government now governs not only food consumed during lunch but items provided to students throughout the school day, such as at parties, etc. The District was already having this conversation. Our new policy based on the new guidelines must be in place by June 30, 2017. The committee also discussed the Student Allergy Policy (JHCF) and yearly training for all staff with respect to epi pen use and allergy response. Mary Jo explained policies and procedures and how they work. The updated Wellness Policy (ADF) will be approved at the 5/24/17 Board Meeting.

The meeting was then opened for discussion as to what procedures the committee would like to see in connection with this policy.

Discussion about possible procedures:

Curtis Sittenfeld spoke about food allergy concerns. She suggested advising parents what food would be provided, approximately two weeks ahead of time, so they could read labels to be prepared or not serve food at all.

Ms. Christina Blankenship (Meramec) has a child with food allergies and is concerned not only about the food served but also products used around school containing nut oils, such as lotions, etc.

Ms. Blankenship, along with two parents from Captain and Ms. Caren Etling raised a concern that the PTOs are not always following the District's food allergy policy. She mentioned an issue that is important to note is that 5th Grade celebration activities are being moved off District property in order to avoid having to follow the District's Food Allergy Policy. According to Ms. Blankenship, the PTO uses school letterhead, uses school raised funds, and school email and backpack to distribute this information and have these activities which are supposed to be inclusive. Ms. Blankenship continued to state that she was told that the child should just not come because of the risk of exposure. It is her opinion that this clearly goes against District's policy of remove the allergen, not the child, as well as inclusive practices. Furthermore, it sends a bad message to all students when they see parent perpetuating this.

The Captain Playground is treated more like a community park than a school playground. This could be a problem for anyone with food allergies as food is brought and shared.

Caren Etling agreed that this was a real problem and there was a site that listed possible problem products and suggestions for signage. <https://www.foodallergy.org/> FARE

Mary Jo asked for Procedure suggestions.

Suggestions:

- Allergy education more than once a year.
- Nurse plus one other person should read labels preferably 2 weeks prior to serving at an event.
- No spontaneous serving of food to students by district staff. Parents must have advanced knowledge of when food is served.
- Substitutes need training on food allergies and explained that no food to be given out in the classroom.

- PTO needs training.
- All parents, staff, coaches, club sponsors need receive common education with a common message and building administrators must help enforce.
- Signage regarding sharing of food and allergens could be posted in the playgrounds.

Greg asked everyone to advise Mary Jo if they had any additional ideas in the next two weeks.

#### School District Food Service Update:

Kim Maas: Chartwells' Clayton Food Service Director distributed a hand out which is attached to these minutes.

The Breakfast Cart has been introduced at the High School as of May 1<sup>st</sup>. Students beginning to understand they can purchase items from the cart.

Pop-up Breakfast Smoothies will be provided at the Elementary Schools.

In order to encourage a greater participation in breakfast, which has been really slow, and lunch a survey has been conducted to get students' ideas to incorporate into next year's menu.

Chartwells is interviewing for the lead chef position for next school year.

Stacy Felps complimented Kim on the signage provided in the High School. Kim shared that this has helped a lot of the students know what constitutes a complete meal.

Jen Martin shared an idea from her students with respect to extra food at lunch. Captain students researched a food sharing table for unopened food items that anyone could take from. Possible guidelines for this project were requested and discussed. With the guidelines out now, it would be a difficult project to implement.

Mary Jo then addressed other agenda topics:

- Sports leagues. A survey will be sent to find out who in the District would like to play a sport in the Fall.
- Wellness branding and incentives will continue to be evaluated and implemented for staff
- Community Wellness – Tina Murtha spoke about the kids Triathlon and what can we do to add to the Triathlon. Challenging other schools was discussed.
- The Center of Clayton's events. Lori Rice from the Center mentioned their events: Fall Festival, Bounce House, Bunny Hop (egg hunt). These are meant more for community mental health rather than physical. ... Fun!! The District would like the Center to put more of a focus on wellness/fitness options for youth and coordinate these new initiatives with District students.
- Need for a wellness representative in each school.

- Kids' clubs besides running such as yoga. The District could pay for an instructor if there was interest.
- Fall and spring offerings for Clubs are handled differently at each school. This will be brought up at DLC.
- Alliance for a Healthier Generation will be completed by Building so committee members can become "fans" of the buildings.

Mary Jo will send out the final Board approved policy and provide dates of the 2017-2018 Wellness Committee meeting at that time.

Thanks to all who participated in the meeting. The meeting ended at 5:45 p.m.

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