

**Wellness Committee Mtg 11/15/16**

Conf Room A/B 4:00-5:34pm

Attendees:

Kim Maas  
Dena Bashiti  
Caren Etling  
Robin Fultz  
Lori Rice  
Barb Daves  
Mary Jo Gruber  
Greg Batenhorst  
Angela Flotken  
Debbie Reilly  
Sean Doherty  
Tina Murtha  
Matt Chaney  
Stacey Felps  
Jen Martin

Those Invited but not in attendance:

Julie Connor  
Milton Stokes  
Josh Wallach  
Dan Gutchewsky  
Doug Verby  
Susan Craig

Minutes of 4/18/16 handed out for approval – No objections

Introductions

Updates:

Kim Maas, Chartwells' Clayton Food Service Director

Kim distributed her 11/16 Newsletter and Simply Good Elementary Snack price list.

Talked about Nutri Slice and that they are working to eliminate the printed menus since Nutri Slice is available to everyone. She has a monthly food focus and this month it is legumes. She brought samples of their lima bean and black eyed pea hummus for the committee.

Chartwells is continually working on new recipes which Kim is incorporating after introducing to students.

The snack list from last meeting was addressed as well as timing of the snack offerings, during the lunch periods. Very careful not to offer before students eat their lunch.

Smoothie Bucket – not done yet but will be done again. Kim is also working on involvement. There is a FB page also for information for parents.

FB: Chartwells School Dining at Clayton.

Discussion: Angela Flotken, Sean Doherty, Kim Maas – It is possible to opt out of the snacks for your child or limit snacks.

Lori Rice with the Center of Clayton was introduced by Mary Jo Gruber who then spoke about the Center of Clayton (CofC) Staff Wellness, staff fitness classes, EAP through PAS offered as part of health benefits, as well as membership to the Center of Clayton.

Building Leaders were surveyed. Staff not yet surveyed. Incentives for staff wellness participation ancillary since we cannot offer monetary incentives.

Branding is still being worked on for Staff Wellness. We are working with CBIZ Benefits Coordinator.

Matt Chaney asked about how the buildings are chosen for the fitness classes. It was explained that it depends on space available in each building as well as building participation. Matt also talked about group or league sports. Many were in favor of a year end competition.

This will be worked on. Possibly we can utilize the knowledge of CofC staff, David Willy and Patrick McGee (or Magee) who work with team sports at the Center. It was also suggested that we could possibly find people interested in being on a team and join an existing league or another group. We would not necessarily have to have an entire league made totally of District Staff... we only need a team. Coed group sports offered through the CofC are Softball, Sand Volleyball and Kickball.

#### Community Wellness:

Talked about participation in schools with the students. Tina Murtha coordinated and worked with the Read Write and Run program at Meramec. Need 1 person from each school to spearhead the RWR event.

Girls – Girls on the Run at Meramec

10 weeks with practice 2 x week

Boys – Let Me Run, 4<sup>th</sup> and 5<sup>th</sup> grade boys at Meramec

7 weeks with practice 2 x week

15 kids per team

Kids' triathlon through the CofC – Robin Fultz worked on the communication of this event. Sean suggested we need to find out what each school is doing and offer opportunities to all schools. This needs to be communicated. Greg Batenhorst looked at school calendars and saw nothing right now for Glenridge or Captain. How to promote at the schools for the triathlon was discussed. Also it was mentioned that for the booths to get the attention they deserve, maybe packet pickup could be the day prior to the race so all could appreciate the booths.

Alliance for a Healthier Generation: Mary Jo explained Large Program – would be better if we tackled in “chunks”

Caren Etling named her top 3 areas:

#108 Withholding Recess: Jen Martin stated this is not the 1<sup>st</sup> course of action but it has least impact on the student's day and that's why this is used. Also it is usually just for the time needed to talk to the student. Matt Chaney said it was usually just 5 minutes and not for the entire recess.

#109 Food as a Reward: Specified in policy as not allowed. Teachers won't be reimbursed and District doesn't approve - this should be communicated to teachers.

#110 Food for Parties: Not done for Birthdays – just holiday parties. Mostly popcorn and water. Glenridge does a cookie decorating event where Chartwells provides sugar cookies. Should offer gluten free options for children with allergies? Possibly advise the Nurse when food is going to be

offered. Also advise parents to offer an option instead of asking the parent of the child with the allergy to supply the food.

Smart Snack Items:

Snacks during School all day at CHS

Snacks just before/after and during lunch at WMS

Matt Chaney

#107 Prohibiting using physical activity as a punishment

Yoga/meditation instead of punishment. Lori Rice has seen articles on this. Idea of interest for many on the committee.

#302 Years of PE for Middle and High

WMS every year

CHS not required every year

1 yr PE .5 Health

80% of all students involved in some sports during their 4 years as per Greg Batenhorst.

Wellness for Staff –

#701 Health Assessment

We talked about physicals and that they weren't mandatory.

#703 Modeling Health; eating/physical

Angela Flotken asked what percentage of staff uses the Center of Clayton. The Center's software doesn't have the capacity to measure this at this time. They will be getting new software soon however, so it may then be possible to keep track of staff use of the Center's facilities and classes.

Mary Jo = Go to Alliance for Healthier Generation Website. Will try to figure out how to send out email for everyone to sign up to become fans.

Milton Stokes emailed questions which were addressed:

- We will create a website which will contain all minutes.
- We'll look at more meetings however it is difficult to find locations and times when most committee members are available. This could be a problem.
- Essential topics on healthy eating; might be able to link all together
- Participation of breakfast is very low – Kim Maas is working on this. Kim Maas will send breakfast schedules for schools to Mary Jo.

Stacey Felps advising kids difference between ala carte and meals. Full meals different in elementary than WMS and CHS.

Mary Jo ended the meeting at 5:33pm.

