

Local Wellness Committee Meeting Minutes

October 2, 2024

4:00 – 4:45 pm

Present:

Name
Christy Foote
Darla Lau
Holly Langan
Kaylah Wright
Molly Frye

Agenda Items:

- **Local Wellness Policy**
 - Discussion on committee reviewing and making sure we are in compliance with our District policy EFA D1. New policy was adopted on 8/28/24
 - Christy will send out the student wellness handbook for School Boards with the minutes for the committee to review.
- **Policy adoption**
 - Present Board approved Local Wellness Policy – approved 8/28/24
 - The policy will be sent out with the minutes for all committee members to review.
 - Discussion that Policy EFA D1, isn't only about food but it also covers areas around health curriculum, physical education requirements, student and staff wellness. Standards outlined to help with many different areas including but not limited to childhood obesity, diet, and education on what a healthy meal is.
 - Discussion regarding the language of giving and selling food to students during the school day. Definition of the school day is from midnight the prior day to the end of the school day activities. For RSD this means from midnight to the end of our afterschool activity programs (SUN). Athletic activities are after the SUN programs and are not part of this regulation.
 - Discussion on the policy meeting minimum requirement however, we also covered the committee's ability to expand requirements to the policy, if they feel the district could benefit from it.
 - Discussion on annual checkup on years not having a triennial assessment and how the committee would like to be presented to. Talked about the triennial assessment due June of 2025.
 - We talked about the professional standards requirements for the nutrition department, student and employee wellness, the requirement of providing water and food rewards.

- Discussed the review of the policy and the requirement to decide if a new recommendation needs to be made to the Board every three years.
 - Christy will reach out to ODE to see if this is based on the Board adoption date or date of policy recommendation review. If it is on the recommendation date then, this would also be something we need to accomplish this year.
 - District wide communication of policy
 - Christy will create a Wednesday memo to go out to all staff. We will do this for the 10/9/24 memo. This will include the Oregon SmartSnack list and how to order items.
 - Christy will draft and send it to Holly for comment and feedback prior to submitting for the Wednesday memo.
- **Planning for school year 2024-2025**
 - What should we be focusing on this school year
 - Lots of discussion on recruitment and the Superintendents goal of healthy food in the cafeterias. Holly Langan would like to meet with the Superintendent to get more information. Christy mentioned doing a presentation to the board in November based on these goals.
 - Christy showed the committee the last students survey that went out. We talked about the need for translations in other languages and we offered a parent and district staff survey version, as well.
 - Discussion on reaching out to community partners. Reach out to Justin Birmingham to see if he would be interested in helping with this piece. Christy will follow up with him.
 - Discussion around teacher frustration with the regulation and we talked about ideas to help overcome the challenges. A theme that was brought up was the need for a budget to provide a healthy snack to students each day.
 - Does this schedule work
 - Conversation about how this time was established. Talked about the requirement to meet 4 times a year minimum.
 - The committee consensus that this was a good time and day to meet. We will adjust the January meeting to not be the first week of winter break and to be after the nutrition department's administrative review.
- **Triennial Report**
 - Next time due: June 2025
 - Reviewed and discussed each area of the last triennial report. Navigated to the nutrition page where all the local wellness policy information is posted.

Next meeting: January 22, 2024, from 4:00-5:00, via Zoom

Link can be accessed from the nutrition page website

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