

Local Wellness Committee Minutes
February 5, 2025
4:00 – 5:00 pm

Present:

Name
Christy Foote
Darla Lau
Emily Southworth Gissel
James Shepherd
Jamie Letters

Agenda Items:

- **Review of Minutes from 10/4/24**
 - Follow up any action items – update from each person
 - Christy Foote submitted the Oregon SmartSnack and Wellness Policy information and it was in the Wednesday memo on 10/9/24.
 - Policy reviews and Board recommendation question
 - Christy Foote contacted ODE to see if we need to review and propose recommendations every three years from the last submission or from policy adoption date. The response was every three years from the last review. This means this also needs to be done this year.
- **Plan for Triennial Assessment and Board Recommendation of policy**
 - Create timeline for evaluation; due June 2025
 - Send out surveys and do random checking at several locations prior to presenting information to the committee at the next meeting.
 - Send out survey sent out last year for input. This will be included with the minutes. Feedback will need to be sent to cfoote@rsd7.net by Monday, February 24th.
 - The survey will need to be sent out no later than Friday, February 28, 2005.
 - Consider sending survey to health assistants in addition to Principals for another perspective.
 - Random school checks will need to start after February 28th and conclude by March 18th, to allow information to be ready for the next meeting.
 - Send out the last triennial assessment for review.
- **Board Recommendation of policy**

- Create a plan for reviewing and submitting policy review recommendations to the School Board.
 - Send out the current adopted policy and Oregon SmartSnacks at a glance. The committee will need to review prior to the next meeting to give input.
 - Christy Foote will talk with an ODE specialist to get clarification around giving food away and pizza parties. Nutrition's understanding is the Oregon SmartSnack regulations would still apply.
 - Committee members expressed concerns with Oregon SmartSnack regulations for all students. Not all students need to have such stringent restrictions on food. Legislators are the best people to forward those concerns to due to this being a law.
- **On-going recruitment planning**
 - Ask communications to do some messaging and parent square messages to invite people to the next meeting.
 - Christy Foote will fill out the request and ask for this to be done two weeks before the next meeting and a week before the meeting as reminders.
- **New Business**
 - There was interest in creating a student wellness event in the spring. Activities discussed were bike to school day or jump rope at recess.
 - Both activities could encourage adults to complete the activity with students
 - Weather is going to get nicer might be a good time to try some student activity involvement for the committee.
 - Might be an agenda item to help recruit committee members. Something fun rather than regulation and compliance reviews.
 - Participation prizes could be given for all who participate
 - Darla Lau will put together some draft ideas and timelines to present at the next meeting.
 - Christy Foote will inquire if there is a budget we could use to procure participation prizes.
- **Next Meeting Agenda Planning**
 - Review Local Wellness Policy compliance collected for Triennial Assessment
 - Decide if we need an additional meeting in May to complete work to post assessment in June as required.
 - Recommendation for Policy to School Board
 - Discussion and plan for moving forward.
 - Student wellness project
 - On-going recruitment planning

Next meeting will be April 2, 2025

Find all our information on the local wellness policy committee at:
<https://www.reynolds.k12.or.us/nutrition/local-wellness-policy>

This institution is an equal opportunity provider