

HEBER-OVERGAARD USD #6

WELLNESS COMMITTEE

MEETING – April 1, 2020 at 3:00 p.m. Zoom

The meeting was originally scheduled for March 26th, reschedule meeting by zoom April 1, 2020 because of the COVID-19 shut down.

Minutes

Roll Call – Brenda Samon, Christie Duncan, Broke Andersen, Marti Ballesteros, Duane Tomlinson, Jim Maner, Gina McLean, Christin King, Pam Harris, John Joyner, David Plantholt, Reed Porter, Ron Tenney. Brandon Martineau was absent.

Regular Agenda:

1. Review issues addressed in minutes from April 23, 2019.
 - a. Healthy Snacks – Was it included in the opening school packet? Was it posted on our website as well?

The teachers on the committee stated that a list of Healthy Snacks was provided to parents in opening school packets. The list was not posted to our website, but will get a list from the secretaries and make sure it is listed on the website for future viewing.
 - b. Mighty Mustangs – Arrangements were made to conduct Mighty Mustangs in Marti's and Christie's class in November. What was the outcome? I never got any feedback.

The committee decided last year to try the program in a couple of classes to see how responsive the students might be. Christie Duncan and Marti Ballesteros both stated that they ran the Mighty Mustang program in their class and there was not a great response. The committee discussed whether they should continue this program as part of the Wellness Policy and it was unanimous to take the Mighty Mustang program out of the policy.
 - c. Mogollon Athlete Development Club has been added to our Wellness Policy.

Mogollon Athlete Development Club has a good response of students participating. It is a great benefit as part of our Wellness Policy.
 - d. Meeting times. Agreed to have meetings twice a year at our last meeting. We didn't meet the first semester.

The committee did not meet two times this year. It was discussed if we wanted to continue with two meetings a year. The committee stated that they thought we should continue to meet two times a year, with one meeting in the first semester and the second meeting during the second semester. Meetings will take place either October, November and March , April.
2. Triennial Progress Assessment – Review results of the Assessment.

Mr. Maner and Mr. Porter completed the Triennial Progress Assessment. Mrs. Samon advised the committee that a copy of the Assessment must be posted on the school website. Overall the district has been doing a pretty good job following the Wellness Policy. Brenda Samon reviewed some of the questions that had question marks. Mrs. Anderson stated that as part of

our wellness policy there is a section that states that the district will provide safe routes for the students. She advised the group that the Lego Robotics team reviewed with the students at Mountain Meadows and Capps this year how to cross the street safely. There are a lot of kids who cross Highway 260 to get to school. The Legos team created a video which showed the right way and wrong way to cross a road. The team also created a pathway under the bridge on Highway 260 to allow individuals to cross under the bridge instead of crossing the road. This has given more kids an opportunity to walk to school now there is a safe path to take. There is still room for improvement with our policy, but overall the committee approved of the results of the assessment.

3. Health Education – What is actually being taught at the different grade levels? Teachers please report from your site on this matter.

The committee discussed what is being done in the district to teach Health Education. The district post Nutrition Facts on the district website on a monthly basis. Mr. Tomlinson stated that he teaches health nutrition in the foods classes at the high school level. Mr. Joyner stated that he could add some health nutrition on the back of the monthly menus. Mr. Plantholt said the Mogollon Athletic Development Club could start adding Health Education as part of their club. Mrs. Samon also stated that the Navajo County Health Department might have some curriculum that we could either use in the classroom or send home with the students. Mrs. Duncan gave a report for Mountain Meadows Primary as to how they encourage students to eat healthy and be more active. Many of MMP staff use Go Noodle Movement Breaks daily, especially on bad weather days. Third Grade Nutrition/Exercise is part of a Science unit done during the year. One of their fun activities done school wide grades K-3 is our Get Moving Day. There are several different stations with a student/staff modeling how to do the particular exercise featured on the Poster on the wall. Each Class is scheduled a time to get moving and after they have completed all stations they receive an apple and a bottled water to hydrate. The posters are left on the wall so that students may do their favorite exercise at future recess times.

4. Discuss District Menu's – Ideas to help increase meal participation.

The committee discussed the district's lunch menus as part of the district advisory board. The teachers that were present were unanimous in thought that the smoothies should be taken off the lunch menu at Mountain Meadows Primary and Capps Elementary. It was discussed that the students complain an hour or two after lunch when smoothies are served that they are hungry. The teachers did not feel that it was sustaining the students long enough after lunch. It was agreed among the committee that the smoothies would not be served at Mountain Meadows Primary, but could still be served at the Junior High and High School level. Mrs. Ballesteros stated that she noticed that student's tend to select items on the menu that are easy to serve, so they can get their food and get outside to play faster. There was discussion on ways to make the line move faster or see if someone might be able to help serve to move the line along faster.

5. Add goals for nutrition promotion – Activity Ideas: Offering contest, surveys, promotions and/or taste testing. Providing information to families to encourage consumption of healthy foods at home. Posting Nutrition Resources.

The committee discussed the Activity Ideas. The district currently does surveys with the students to see what they would like to see on the menu, and if a new item is put on the menu how they liked it. Mr. Joyner stated that he currently does taste testing of unfamiliar items that he gets Shamrock to donate. The district will continue to post Nutritional Nuggets on the website for parent review.

Roll call was taken at the beginning of the meeting, but it was discussed that those that attended the meeting send an email stating that they attended the meeting.