

Wellness Committee Meeting May 17, 2017

Agenda:

1. Approve minutes from last meeting – Any updates?
 - a. Minutes reviewed – Accepted as written.
 - b. Update on Middle school physical education program. For the next school year 2017-2018 no changes will be made at this time due to the fact that the schedule is already set. Tod Hunt, principal at RV, is aware of this issue and will need to be discussed for the School Year 2018-2019 to address the scheduling issues. How to be compliant and create a plan of action.
 - i. Other items discussed regarding physical education and scheduling is the Quality of the lesson and participation. With Bigger groups is very difficult to coordinate in the minutes scheduled.
2. Update on the DPI Audit
 - a. The DPI Food Services Administrative Review was successful. There was one change that is required for the service of Elementary Breakfast in the Classroom. We will not be able to pre-set the breakfast bags in the classroom. The students will need to pick up their bags from a cart for verification that they are present for the meal and that a “reimbursable” breakfast was given to the student. A Reimbursable breakfast must include 3 items, Fluid milk, 1 oz grain product, ½ cup fruit or vegetable. The student **Must** be served the ½ cup fruit or vegetable and we need to OFFER 1 cup of fruit/vegetable choice. There is also Weekly minimum requirements to offer and caloric requirements that need to be met.
3. Gina Krueger updated the committee on the proposed new playground at Riverview. Essentially they are looking at a 4 phase plan and looking at Fund Raisers & Grants to be able to complete this project.
 - a. Swing Set
 - b. Functional Fitness equipment on the trail
 - c. Equipment with no decks
 - d. A Challenge Course
4. Plan for the August 28, 2017 Back to School All Staff Activity
 - a. The Activity to start the “Day of Learning” for all staff at Plymouth School District, is targeted to be a 30 minute activity.
 - b. Looking for new ideas
 - i. Last year there were several activities to choose from. Yoga, walking at various locations, exercise class, bean bag toss.
 - ii. The discussion included: Observation that we may need an activity that is less strenuous for those who shy away for the real active kinds of activities. Something that can mix and bring all groups together to keep moving.
 - iii. The suggestion for this coming August was to do a scavenger hunt. This can get accomplish the FUN –FUN-FUN part, keep everyone MOVING and create a team building spirit.
 - iv. Gina & Jim will send out emails of what has been done in the past for ideas regarding the scavenger hunt.
5. Summer Communication will be through E mails to coordinate plans

6. Next Meeting we will need to continue to draft goals for the Wellness Policy regarding:
 - a. Determine our standards for all food and beverages available during the school day with language that is clear, straightforward and enforceable.
 - b. Build understanding with staff, student, and families, of the research, statistics and good practices around nutrition and wellness through constant and consistent education.
 - c. Use wellness resources completed and increase access to and visibility of these resources online and during staff meetings, professional development days and contact with families.

Next meeting for School Year 2017-2018 TO BE DETERMINED

Thank you for a good year!