



RULH School Wellness Committee Meeting Agenda

Date: April 5, 2019

Time: 2:00 p.m. -3:00 p.m.

Welcome

Meeting Goals

- Plan meeting structure- frequency and length
- Establish 3 Wellness goals for the 2019-2020 school year.

Healthy Schools Assessment

- Plan for corrective action in low areas of 2018-2019 Wellness Survey

Past Activities and Goals from previous years

- *Letter for parents with snack suggestions: celery, carrots, raisins, peanut butter, wheat crackers, fruit pieces or cups, cheese, frozen applesauce (slushy), frozen grapes
- *Reinforcing to staff that food should not be given as a reward
- *Add list of healthy food to supply list (add suggestion to see website)
- *SMART party refreshment suggestions (link to website), tips for beverages: pack water or non-sugary drinks
- *Explore flavor packets for water, how to make drinking water cool - hydrate, avoid empty calories
- *Health and wellness newsletter, add info to website
- *Opportunities to move instead of sit during down time:
- *High School gym open last 10-15 minutes of lunch, various activities available
- *Middle School has gym available as soon as line gets through kitchen door
- *Middle School students congregate in gym at beginning of day, can they get in physical activity during that time
- *Elementary School has recess every day

Suggestions for Staff from the past: Staff challenges: drinking water challenge, step (Walk Across RULH Challenge) Biggest Loser,

Health and Wellness Suggestions

The Fresh Fruit and Vegetable Program

Continue pursuing option for healthy snack vending in high school and middle school

Adding a frozen smoothie machine at the middle school

Overview of Healthy School Program

-What activities do we have going on that are addressing wellness and the school policy

Next Steps and Closure

Resources

<https://healthymeals.fns.usda.gov/local-wellness-policy-resources/school-nutrition-environment-and-wellness-resources/success>

<https://www.healthiergeneration.org/resources>

<https://thrivingschools.kaiserpermanente.org/>