

## **FCSD#1 Wellness Committee meeting – 23 January 2014**

Meeting called to order at 5:00 pm by meeting chair JT Hayes.

### **Members present:**

Chair JT Hayes  
Chair Ryan Hedges  
Natalie Wilcox  
Denise Kinney  
Janet Winger  
Cindy Larson  
Susan Bronson  
Barbara Guenther  
Jerry Johnson  
Mary Rayman

### **Members not present:**

Amber Williams  
Amy Hanfman (pre-arranged)  
Kendra Wolfe-Welsh  
Teresa Nirider (pre-arranged)

### **Business**

Members introduced themselves.

Discussion of Wellness Committee history, as far as is known.

Susan Bronson reports that the district's Wellness Committee was formed to create a wellness policy for the district, but there has not yet been an implementation assessment.

Assessment of the implementation of the Local School Wellness Policy.

Gannett Peak notes sent home specifically ask for healthy snacks to be sent to school.

BOCHES Health Professions course has a chapter on nutrition.

Growth and Development course addresses eating disorders.

See coach Ragan for additional information.

Ryan Hedges spoke of a presentation to the FCSD#1 board by a dietician that was very informative and well-received. He will forward contact information for that speaker to Susan Bronson, our FSA.

Susan Bronson shared a wellness policy assessment tool from Minnesota.

Brief discussion of student stores selling items not allowed as part of school lunch. Members asked to obtain list of food items sold at student stores.

Susan Bronson reports that as of December 2013, we are losing 100 – 150 meals per day as compared to same time last year. Specific causes are not known, but open campus policy at LVHS mentioned. Outside vendors are now allowed to deliver food to campus in response to student calls.

Discussion of Wellness Committee requesting funding from the FCSD#1 board to materially encourage/facilitate action items listed in district wellness policy. Partial matching funds offer to entice student groups to select healthy food choices for fund raising activities was mentioned as one possibility. FSA may be able to facilitate bulk purchases of healthy food choices for student groups to use for fund raising. Bountiful Baskets was mentioned as a source of healthy food choices for student gatherings, parties, etc.

Discussion of recruitment of student members of committee.

**Meeting adjourned at 6:07 pm.**