

Wellness Committee Meeting Minutes:

The Rugby Public School District Wellness Committee held an annual meeting on Tuesday, April 30, 2019 at 3:30pm in the Rugby High School Board Room.

Stakeholder committee members present were Mike McNeff, Jared Blikre, Jason Gullickson, Heidi Backstrom, Peggy Harmel, Jeff Stewart, Julie Sjol, Gloria Grove, Becky Paul, and Travis Risovi.

Handouts:

- Prior Year (April 11, 2018) Wellness Committee Meeting Minutes
- Description Code ABCC (Rugby Public School District Wellness Policy)
- Rugby Public Schools Wellness Policy Annual Evaluation Form

Agenda Item 1: Review 2018 Minutes and Goals.

Dr. McNeff highlighted the purpose of our current Wellness Policy.

Agenda Item 2: Review Evaluation Questions

Collectively the committee completed the Wellness Policy Evaluation Form to assess our basic compliance and progress. Listed below are the results:

Nutrition Education Goals:

1. Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

Currently, Pre-School and Grades 7-12 receive nutritional education in a required health curriculum. Grades K-6 receives nutritional education in Life Skills and PE.

2. Students receive consistent nutrition messages throughout the school?
Our school does promote healthy nutrition with posters, bulletin boards in the cafeteria, hallways as well as in the classroom. This is a work in progress and ongoing.

3. District health education curriculum standards and guidelines include both nutrition and physical education?

Grades k-12 do meet this standard.

Physical Fitness Goals:

1. Students are given the opportunity for physical activity during the school day in addition to physical education classes (i.e. daily recess, classroom activities, etc.)

Grades K-6 meet this goal with recess and activities. For Grades 7-12 It was suggested to add another semester of PE, walking Wednesday activity, or activities during mentorship challenge.

2. Students are given the opportunity for physical activity through a range of before and /or after school programs?

All Grades at our district meet this fitness goal with extracurricular activities such as cross country, wrestling, basketball at the elementary level and much more at the Jr/Sr. high level. Girls softball was added this year and trap shooting a couple years prior.

Nutrition Goals:

1. USDA guidelines set for food and beverages in the food service program are being followed:

We continue to work at meeting the USDA guidelines. Our fruits and Vegetables are great. With the help of our vendors, we continue to improve the quality of our meat products.

2. Guidelines set for food and beverages sold to students outside of the food service program are being followed:

We have made progress in this area with “smart snack” requirements in our vending machines. We are working with our vendor to meet the guidelines for the Bottles in the vending machine.

3. The state limit of 3 exempt fundraisers per site per school year is tracked and monitored. We had 3 non-compliant food fundraisers this school year.

Other School Based Activities promoting School Wellness:

1. The school provides a clean and safe school environment?
The committee agreed that we generally provide a clean and safe school environment.
2. Students have access to free drinking water throughout the school day?

Grades 7-12 students have access to water in the cafeteria at lunch and near the gym and classrooms with the new “bottle filling” water fountains throughout both schools.

3. The school district encourages all students to participate in the school breakfast and lunch program?

Our district does promote Breakfast and Lunch at our school. progress with our We plan a special menu, decorate and advertise during national breakfast and lunch weeks. We want to offer a comfortable cafeteria where students feel welcome and are encouraged to eat healthy meals.

4. The school district protects the identity of students who eat free and reduced price meals? Absolutely, no identification of students is acceptable. Our current electronic system called "Power lunch" does not disclose the meal status of the students at any time during meal time. The Business office works proactively to help parents sign up for free and reduced meals and remains confidential.
5. The school district ensures adequate time for students to eat lunch?
At the elementary level with lunch after recess our students have adequate time to eat. Grades 7-12 would say they need more time to leave the building to eat but it is sufficient when they stay here and eat in the cafeteria.

Agenda item 3: Establish a goal or two to focus on next school year.

While no new specific goals were indicated for this year we agreed some of last year's goals are a work in progress. We will work towards the following:

1. To increase physical activity during school day Grades 7-12(Physical Fitness Goal)
2. To increase Nutritional signage at Ely (Nutrition Education Goals#2). We've done ok but there is more we can do in the hallway as you enter the cafeteria?
3. There are still a few items in the Jr./Sr. High school vending machine that need to be changed out for compliance (Nutrition Goal #2 Drinks).

Each year, we will complete the wellness policy assessment to determine compliance and progress made in attaining our goals and document accordingly. The School Wellness Policy and meeting minutes will be made public on our school website and provided to the school board.

The next meeting was not scheduled.

No further business: Meeting ended at 4:20pm

