

Wellness Committee Meeting

November 8, 2016

8:30 a.m.

Draft Minutes

Bolinas Campus, 2nd floor meeting room
125 Olema Bolinas Road, Bolinas CA 94924

Meeting called by:	<u>John Carroll</u>	Type of meeting:	<u>Regular</u>
Attendees:	<u>Suki Ferrari, Carlos Contreras, Erica McCrea, Anna O'Malley, Veena Lucas, Jason Richardson, John Carroll, Johanna Scutt</u>		
Please read:	<u>Wellness Policy BP 5030 and Points for discussion (see links below)</u>		

AGENDA ITEMS

Topic

- ✓ Introductions
- ✓ Start on establishing goals of the committee
- ✓ Review Draft goals set at the 4/20/2016 Wellness Committee Meeting
- ✓ Approve minutes from 4/20/2016 committee meeting
- ✓ Set next meeting of the committee

As this was the first meeting of the 2016-17 school year of the committee. All present recognized the high quality food served by the school in the snack and lunch program. Ideas and concerns from the parents and staff present at the meeting included:

1. Making students and parents health conscience and conscience of the bounty that we have (Parent to parent communication; early evening gathering; have a presentation at one of the weekly assemblies)
2. Encouraging exercise for children
3. Providing options for birthday celebrations (non-food, photos, breaking bread ritual)
4. Building support for healthy habits at an early age and making it exciting & interesting for kids
5. Continuing healthful snacks in the after-school programs
6. A school in Georgia that has eliminated sugar has seen increased test scores, better student focus and reduced behavior issues
7. The District uses local organics products whenever possible but with limited storage will sometimes need to purchase items from Costco/Safeway if the need arises
8. There is no control over what kids bring from home for lunches but it does affect students in the free/reduced lunch program (i.e. cookies, sweets)
9. Kids are really hungry after morning PE classes and may not perform at their best in subsequent classes

Ideas to implement/discuss further:

1. A Wellness column in the School News. Parents will start with a monthly piece.
2. Would the District support a morning program?
3. Would the District support a "no-sugar" policy?
4. Would it be possible to have a plate of healthful snacks (carrots, fruit, etc.) for the period after lunch but before students go home?
5. How would a "recess before lunch" program work? Ex: 12:15 to 12:40 - recess; 12:40- to 1:00 sit down lunch and additional recess
6. The Board will review the current policy in its relation to sugar
7. Could a hand-washing station be installed outside of the kitchen so that students could wash their hands before eating?
8. Could and After-school exercise program be implemented? (yoga, gymnastics, etc.)
9. The committee will on the 2nd Tuesday of each month (12/13/16, 1/10/2017, 2/14/2017, 3/14/2017, 4/11/2017, 5/9/2017, 6/13/2017)

OTHER INFORMATION

Observers:

<https://www.dropbox.com/s/5h3l95jyobwpxw/points%20for%20discussion.pdf?dl=0>

Resources:

<https://www.dropbox.com/s/73jrnzkig0owmnv/wellness-5030.pdf?dl=0>
