Wellness Committee Meeting
April 25, 2017

Present:
Bec Schaeffer
Karolyn Vavra
Dave Reinbold
Michele Dominic
Jeff Hazelton
AJ Burke
Brent Borzak

Absent:
Steph Barto (DECA Nationals)

Meeting called to order 0940

Purpose of meeting:
Review school wellness policy page by page to ensure policy is being followed according to Federal guidelines. Describe what CCTI is currently doing, or not doing, to meet guidelines. Determine how CCTI will meet any unmet guidelines.

Preamble:
Page 1, paragraph 2 – not met. Suggest water coolers in classrooms.
Page 1, paragraph 3 bullet 1 - not met. Suggest vending machines with healthy snacks
Page 1, paragraph 3, bullet 2 – met my plate is taught in PE
Page 1, paragraph 3, bullet 3 – partially met. Limited activity before school. PE class is only offered only to 11th grade students and they are pulled out of PE for Keystone Prep. Suggest allowing students to use gym during homeroom. Students have access to sports at homeschools.
Page 2, bullet 3 – met. Hoop-a-thon, bowl-a-thon, walk-a-thon and jump rope –a-thon
Page 2, bullet 4 – partially met. Some gym memberships are free, suggest allowing staff to use school gym at 2:15pm
Page 2, bullet 5 - not met, however we do not understand this requirement
Page 2, bullet 6 met - wellness committee
I School Wellness Committee:
Page 2, paragraph 1 – **not met**. Increase committee meeting to 4x/year
Page 2, paragraph 2 – **not met**. Suggest advertisement of DWC meetings on website. Karolyn will recommend 2 students, (1 male/1 female), for DWC. Suggest adding student guidance counsellor to DWC.
Page 2 paragraph 3 – **met**
Page 3, paragraph number 1- **Unsure**. Who is the coordinator, and what is Appendix A?

2. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement
Page 3, paragraph 1 – **not met**. Will meet 4x/yr to ensure CCTI wellness policy is followed. Suggest becoming a member of Healthy School Program on line:

[https://www.healthiergeneration.org/take_action/schools/](https://www.healthiergeneration.org/take_action/schools/)

Page 3-4 Recordkeeping: **not met**. Suggest posting on school website
Page 4 Annual Notification of Policy : **not met**. Suggest posting on school website.
Page 4 Triennial Progress Assessments – bullets 1-3 **met**. Currently using the Alliance for a Healthier Generation’s model wellness policy. Progress is recorded in the minutes of each meeting. Triennial assessment contact info: Mr. David Reinbold  [dreinbold@carboncti.org](mailto:dreinbold@carboncti.org)

Page 5- Community Involvement, Outreach and Communications: **not met**. Include in newsletter, website, freshmen orientation and add to student handbook.
3. Nutrition

Page 6 – met

Page 7 – bullets 1-5 met. Student council members have input into menu suggestions.
Page 7 - bullets 6- not met. Suggest displaying student art in cafeteria
Page 7 – bullet 7 partially met - menus are displayed in classrooms, suggest adding daily meal to announcements.

Page 7 – Staff Qualifications and Professional Development – met CA teacher attends conferences and webinars 3x/yr.

Page 7 Water - met – fountains are located in cafeteria
Page 7-8 Competitive Foods and Beverages - met

Page 8 – Celebrations and Rewards: #1 not met. Suggest adding to handbook
Page 8-9 Fundraising, paragraph 1 not met. Suggest putting on website.
Page 9 Fundraising, bullets 1-2 met

Page 9 Nutrition Promotion bullets 1-2 met https://www.smarterlunchrooms.org

https://foodplanner.healthiergeneration.org

Page 10 – Nutrition Education - met taught during PE class
Page 10-11 – Essential Healthy Eating Topics in Health Education – met taught during PE class.
Page 12 -13– Food and Beverage Marketing – met no advertising or promotions are done at CCTI.
4. Physical Activity
Page 13 paragraphs 1-3 – **met** students have access to after school sports at their homeshools. Students will be encouraged to use the gym during homeroom for 10 min before classes begin. Page 13-14 **Physical Education** –**met** via PE classes. Page 14-15 – **Essential Physical Activity Topics in Health Education** all bullets **met** via PE classes. Page 15- **Classroom Physical Activity Breaks** – paragraph 1 **met**, Paragraph 2 **not met** – suggest putting websites on CCTI website.

https://www.healthiergeneration.org

https://www.usda.gov

Page 15-16 – **Active Academics** paragraph 1-3 – **partially met** suggest researching professional development activities. Students are active in most tech areas. Page 16- **Active Transport** – **met**

5. Other Activities that Promote Student Wellness
Page 16 paragraph 1- **met** Page 16 paragraph 2 – **not met** suggest development and use of lesson plans during act 80 or in service days. Page 16 paragraph 3-4 **met** Page 17- **Community Partnership** – **partially met** use dental van, suggest inviting a SNAP-ED provider to speak to students/staff. Put wellness committee initiatives on OAC agenda for discussion. Page 17 – **Community Health Promotion and Family Engagement** paragraph 1-2 **met** – 5k, golf tournament are on website and BMI’s are sent home annually. Page 17 **Staff Wellness and Health Promotion** – paragraph 1 **met**, Karoline Vavra is the subcommittee leader. Paragraph 2- **met**- school strategies include fitness center, 5k, golf tournament, walk-a-thon, jump rope-a-thon, hoop-a-thon.
Page 18- **Professional Learning** paragraph 1-**not met**- suggest researching professional development activities