

**Wellness Committee Meeting  
August 23, 2017**

Present:

Bec Schaeffer  
Karolyn Vavra  
Dave Reinbold  
Michele Dominic  
Jeff Hazelton  
AJ Burke  
Brent Borzak  
Steph Barto

Meeting called to order 0945

Called to order 0945. CCTI wellness initiatives reviewed and updated. Changes and updates made and posted to W drive. Please review minutes from Aug 2017 meeting. Will develop Survey Monkey survey to send to parents prior to Oct 18<sup>th</sup> open house. Bec and Karolyn will gather data and present a trifold poster at the open house. Wellness committee members are to email Mr. Reinbold 1-3 questions for the Survey Monkey Survey.

Purpose of meeting:

Update and evaluate school wellness initiatives from April 2017 meeting. Consider new ways to engage students and their families in CCTI's promotion of health and wellness. Updates to April 2017 initiatives are made in **turquoise**.

**Preamble:**

Page 1, paragraph 2 – **met**, suggest water coolers in classrooms. **Water coolers and cups are now available in all tech areas and throughout the building.**

Page 1, paragraph 3 bullet 1- **met**, suggest vending machines with healthy snacks. No vending machines will be offered. Healthy snacks will be offered in school store. **This year CCTI will eliminate 2 candies from store and replace them with healthy snacks such as cheese, almonds or yogurt.**

Page 1, paragraph 3, bullet 2 – **met** my plate is taught is PE

Page 1, paragraph 3, bullet 3 – **met**- limited activity before school. PE class is only offered only to 11<sup>th</sup> 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. **Beginning 2017 daily announcements will be made to encourage students to use the gym during homeroom.**

Page 2, bullet 3 – **met**. Hoop-a-thon, bowl-a-thon, walk-a-thon and jump rope –a-thon

Page 2, bullet 4 – met. Some gym memberships are free, suggest allowing staff to use school gym at 2:15pm. Skills USA hosts a 5k in October. CCTI will allow any staff member who signs up for the 5k to begin using the gym at 2:04pm. Otherwise, staff will have access to the gym at 2:45pm. CCTI will also look into providing an activities bus unrelated to Monday After School Help for any student who wishes to use the gym after 2:04pm.

Page 2, bullet 6 met- wellness committee

### **I School Wellness Committee:**

Page 2, paragraph 1- 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/1female), for DWC. Suggest adding student guidance counsellor to DWC. Will add 2 seniors to wellness committee beginning 2017-2018 school year.

Page 2 paragraph 3 – met

Page 3, paragraph number 1- met

### **2. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

Page 3, paragraph 1 – 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: met. Posting on school website.

Page 4 Annual Notification of Policy : met. 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: met. Include in newsletter, website, freshmen orientation and add to student handbook. First message went to parents via end of year report card. Will send a survey monkey survey to students and parents and present findings on a trifold poster at CCTI open house, October 18<sup>th</sup>.

### 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, daily meal announcements will be included in homeroom announcements beginning the 2017 school year.

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** partially met. Suggest adding to handbook. Too late to place additions in 2017-2018 hand book. CCTI does not use food as a reward. CCTI uses recognition and certificates.

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 homeschoools. 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

Meeting adjourned 1000.