Wellness Committee Meeting
June 12, 2017

Present:
Bec Schaeffer
Karolyn Vavra
Dave Reinbold
Michele Dominic
AJ Burke
Brent Borzak
Stephanie Barto

Absent:
Jeff Hazelton

Meeting called to order 0930

Purpose of meeting:
Continue to 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  met—water fountains are available throughout the building. Cup dispensers will be at many of the fountains.
Page 1, paragraph 3 bullet 1- met, healthy snacks are offered in cafeteria and school store. We will continue to upgrade healthy snacks in school store.
Page 1, paragraph 3, bullet 2 – met my plate is taught is 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 5 – partially met. Some gym memberships are free. Information on gym memberships/benefits of our health plan have been distributed. We have a fitness center for staff use.
Page 2, bullet 6  met- wellness committee
I School Wellness Committee:
Page 2, paragraph 1—met. Will increase committee meeting to 4x/year.
Page 2, paragraph 2—partially 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.
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. Will become a member of Healthy School Program on line:

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

Page 5- Community Involvement, Outreach and Communications: partially met. Include in newsletter, website, freshman orientation and add to student handbook. First message went to parents via end of year report card.
3. Nutrition
Page 6 – met
Page 7 – bullets 1-5 met. Student council members have input into menu suggestions.
Page 7- bullets 6- met. Student art is 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 homeschools. 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