



2016-2017
Mountain View School District
Mountain View School District Board Room
March 7, 2017
3:00 pm

Type of Meeting: Wellness Policy Committee

Meeting Facilitators: Rose Fennell and Jan Van Dyke

Attendees: Susan Bornemann, Jill Coulter, Doris Drew, Skip Elder, Raquel Enriquez, Terry Kessler, Judith Maxwell, Lynn Sparks, Rajwinder Kaur, Farrah Northcott, Jan Van Dyke and Rose Fennell

Minutes

Student Wellness Policy

Rose went over some new regulations on the Student Wellness Policy.

Senate Bill 1169 was signed into law on September 9, 2016, and became effective on January 1, 2017. The law modified the California competitive food and beverage rules to align more with the Federal Smart Snacks in School rules. The following changes must be made to our Wellness Policy.

- The time frame when only compliant items can be sold is from “midnight before to 30 minutes after the official school day”.
- Allows a maximum of 200 calories for competitive snacks across all grade levels (in the past elementary schools had a 175-calorie limit).
- Does not allow caffeine, except in trace amounts of naturally occurring caffeine.

A food item must now meet two general nutrition standards.

- Fruit, vegetable, dairy food, protein, or whole grain rich item; or any food with fruit, vegetable, dairy, protein, or whole grain listed as the first ingredient.
- Be a combination food (a food including at least two food groups) that contains at least ¼ cup of fruit and /or vegetable.

New Quick Reference Cards summarizing all the regulations are attached.

There is also key wording about the exchange of candy not allowed to occur with the students during the school day; this includes via money, vouchers and order forms. However, parents can pick up/make exchange at any time during the school day.

Farrah of SBCSS commented that their schools organize non-food events for birthdays and miscellaneous celebrations. For example: Birthday child can be the first one in line for the day, or teacher's helper for the day, or first to eat lunch in place of food or treats.

Monitoring the Use of Food as a Reward and Food Sales Outside the Meal Program

Judith Maxwell reported the only request for food sales outside the meal program at Grace Yokley Middle School was for Sweet N Snowy Snow Cones and Kona Ice. Both products were approved by Rose Fennell.

Skip Elder reported that when parents ask to bring in food items for their children to share in the classroom, they are now requesting the items be 100 calories or less.

Physical Fitness Report

Test results physical fitness comparison for the same students in the 5th and 7th Grades reported by Jan Van Dyke. Results show that there is:

- A 14% increase in abdominal strength
- A 16% increase in body strength
- Overall increases across the board

Updates from last meeting

Susie reported that the pilot that Mr. Taing wanted to test, was tested for 1 day last school year. It was the pilot of having students to play recess first then lunch after. It was only piloted for 1-day so it the students seemed confused and not tested long enough to see any types of effect.

Skip stated this is a pilot that he would like to run at Creek View Elementary, however, he would pilot it for a month to investigate the type of effect it would have on the students.

School Health Index Questionnaire

Rose and the committee went over each question and results will be attached.

Meeting adjourned: 4:00 p.m.

Next meeting: TBD