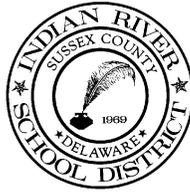


# INDIAN RIVER SCHOOL DISTRICT

“A Model of Excellence”

Mark L. Steele  
Superintendent



Jay F. Owens, Ed.D.  
Assistant Superintendent

## 2018-2019 Wellness Committee Meeting

Indian River Educational Complex

05/21/2019

3:00 PM-4:00 PM

Attended by: Clifton Toomey, Elise Denny, Terra Hudson, Nicola Boyle, Dr. Janet Hickman, Ivan D. Neal, Mark Banks, Daniel Veith, Elizabeth Light.

### Welcome & Introductions

Background: The Healthy Hunger Free Kids Act requires each school district to implement a wellness policy with specific areas of focus. The policy will be assessed annually and a report will be published at least every three years; shared with the board and posted on wellness section of the nutrition services.

Good representation at Wellness Committee meeting - nurse, principal, PE teachers, nutrition services, parent.

### Review Assessments (Individually)

- Representatives from each school given an opportunity to review their schools own wellness assessment, and compare the results to last year.
- Assessments are organized by topic; each section shows an increase or decrease when compared to last year's assessment.
- Results show improvements across the board from last year. It was noted that results may be skewed due to variables in reporting, such as different people reporting each year.
- A scoring rubric was requested. Noted that scores may be subjective as the scoring criteria is unclear. A rubric detailing optimal procedures in each area would be helpful.
- Nutrition services welcomes feedback and examples of how each aspect of the policy is implemented in different schools.
- Comment that the cafeteria staff does a wonderful job promoting healthy eating- encouraging fruit and vegetables etc., offering samples.

### Wellness Policy Discussion

Each section of the wellness policy was reviewed.

#### Implementation, monitoring and community engagement:

- Last year's wellness assessment provided baseline data.
- Wellness policy is currently available on the Nutrition Services website and also on IRSD website.
- All policies are up for review every 3 years, proposed changes are reviewed by policy committee.
- Aim to get more community involvement with wellness committee next year.

---

31 Hosier Street, Selbyville, Delaware 19975 • (302) 436-1000 • Fax (302) 436-1034

The Indian River School District is an Equal Opportunity Employer and does not discriminate or deny services on the basis of race, color, national origin, sex, gender, creed, religion, veteran status, sexual orientation, marital status, citizenship status, pregnancy, age, ancestry, disability, gender identity, genetic information, military status or any other characteristic protected by law.

### Nutrition Promotion & Nutrition Education

- Mostly implemented by nutrition services department.
- Nutrition specialists would like the opportunity to do more nutrition education in classrooms/ outreach. Suggestion to get involved in professional development days to make teachers aware that nutrition specialists are available to come to classrooms.
- USDA nutrition guidelines are implemented for breakfast and lunch; new healthy offerings have been developed.

### Physical Activity

- Important to find time during school day for physical activity. Organized activity may be scheduled during recess- encourages activity, may also cut down on injuries.
- Taking recess away as a punishment is discouraged.

### Other School Based Activities

- Space for meals becoming a challenge in northern part of district particularly.
- Goal is to increase breakfast participation/ availability; breakfast after the bell etc.

### Celebrations & Rewards:

- Food provided for celebrations and rewards must have nutrition label due to food safety & allergy concerns- parents & teachers seem to have adjusted to this.

### Marketing

- Only *Smart Snack* approved brands will be advertised.
- All foods sold to students during the school day must be *Smart Snack* approved (meet certain nutrition guidelines)
- Vending machines selling candy/ soda should not be operational during school day.

### General Discussion

- Principals or building administration may decide if they want to discourage students from bringing in soda.
- Comment about amount of carbs offered at lunchtime – a variety of vegetables are offered. Students have the option of choosing lower carb options.
- Future need to address food coming in from outside during lunchtime. Parents dropping off food in other districts, creating issues.