

5/9/2018

CUSD Wellness Committee Meeting

Notes:

- Wellness policy just updated in 2016 (updated from 2006):
 - May be areas to be revamped even more/updated
 - Language used is strictly for students, not including employers/staff and nothing currently going on within the district to promote staff wellness
 - One goal for student wellness
 - One goal for staff wellness
 - Ideas: nutrition education, how to find time for physical activity or other stress relief opportunities, regular group activities for staff, have walking/running club (including staff, children, and parents)
- What we're doing now:
 - ECDC & Village Elementary: Anti-bully campaign with a themed menu and corresponding posters
 - Could be rolling out to other schools within the district
 - In June going to have hydration stations at each school with Sharp
 - Fruit/vegetable water stations around each school during lunch period, speak to them about importance of hydration in the summer
 - Have interns to help provide nutrition education to staff and children throughout the year
 - Wellness survey handed out which provides site assessment to determine how school is doing based off of wellness goals/policy
- What types of goal can we have for student wellness to include in policy?
 - Screen time ("tech-free" day), sleep, etc.
 - Participate in 'National Screen Free Week'
 - Educating parents on side effects of too much screen time
 - No cell phones during class policy
 - 5-2-1-0 policy (5 fruits & vegetables, 2 hours or less screen time, 1 hour physical activity, 0 sugar containing beverages)
 - Educating parents on the research surrounding detrimental developmental and physiological effects of screen time
 - Need for sending a clear and consistent message across the district
 - Children still receiving food as a reward for certain accomplishments, could this be changed as part of the goal?
 - Looking through current policy feel like this could be an area to improve
 - Could look at different types of rewards/incentives for kids and district aside from food
 - Some sort of group physical activity in the morning such as running club/Yoga

- County is currently going through each district's wellness policy to look at comprehension and strength of each policy which can be helpful in ongoing revisions
 - o COI (childhood obesity initiative) has policy clearing house section providing the current language that should be used in wellness policy, examples, and attributes that should be included in policies (sdcoi.org)
 - Could have a 'mini' goal to accomplish prior to each meeting surrounding specific themes
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Key Learning/Takeaways

- **Will be revising Wellness Policy again this year**
 - **Making district wide screen time/cell phone policy and including in wellness policy**
 - **Agreement in including staff wellness in next revision of wellness policy**
 - **Big Marketing Piece as '5-2-1-0'**
 - **Proposing last Thursday of October, January, March and May for upcoming wellness committee meetings and have promotional events around each meeting**
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Action Items:

- 4 meetings needed/per year, confirm ongoing schedule
- Ideas on how to include staff/employers in wellness policy.
- Specified goal for student wellness included in policy (possibly in relation to screen time?)
- Want to collect information on what the district is currently doing at each school location to find out what each location is currently doing surrounding wellness