

Jasper Wellness Meeting Minutes

March 14, 2018

In attendance: Kingston: Angela Kitchen, Delia Bowen, Pat Summers, Marsha Shaver (via google hangout), and Kaela Hawkins. Jasper: Angela Kitchen, Melissa Henderson, Tina Byrd, Amy Johnson, Tina James, David Dunlap. Oark: Angela Kitchen, Tina South.

1. Old Business - Wellness Policy -
 - Group discussed that the only requested addition to the Wellness Policy last month was to have all food related fundraisers be approved through the wellness team. Angela informed group that the only feedback from the requested change/addition was from administration (Mr. Cantrell) with hesitancy to put that into policy due to potential problems with slowing of the process and other legal problems. Group discussed need for fundraisers to adhere to the Smart Snack Federal Regulations, and will be reinforced via administration.
2. Cafeteria updates/news - Tina Byrd
 - NSBW was a success, thanks to all that helped with it!
 - Tina talked about the new additions to the menu, including additional “choices” at lunch – students have more than one option at the lunch line to select from.
 - Angela reported that students liked new items, including the yogurt parfait and the smoothies. Coach Summers and Nurse Delia reported less food being thrown out.
 - Tina shared that Oark would be getting a salad bar line, and Jasper would be getting a new one.
 - Tina also said the cafeteria menu plans to include a 3rd lunch choice soon, similar to a lunchable, for those students that do not want the hot meal.
 - Meal survey- Margie is working on how to share a meal survey with students via google share app.
 - Tina has contacted Finton Farms about potential fresh produce for the spring to support Farm to School!
3. SBHC news - Melissa Henderson
 - Medical services continue on Mondays and Tuesdays
 - Dental services still continue on Wednesdays and Thursdays, Melissa reports that the new dentist is excellent with students.
4. District Health initiatives (including students) –
 - Yellowjacket Yoga at Kingston – Tessa Bunch is hosting yoga classes for students two days a week, starting after spring break. She also says that there will be a class to follow the student’s class for adults and community members.
 - Oark Youth Mission Fit – Angela received a Blue and You mini grant for \$1000, and will begin fitness classes for staff and students daily at 3:30 at Oark, starting after spring break.
 - Melissa reports that Jasper is having after school yoga and Zumba classes, as well as the Pirate Fitness (exercise room) being still open after school.
5. SHI plans-
 - Angela discussed the need for the next wellness meeting to be where the SHI would be completed. It was discussed with Mr. Cantrell to meet on the same day

as the admin meeting in May, Mr. Cantrell approved this date (exact date TBD). The group discussed the challenges of past years, both when doing it all as a group and having staff complete forms at their leisure and just discuss as a group. Angela voiced concerns about participation, it was recommended by the majority of group to do the forms as a group on paper, not on the computer, at the meeting, as to facilitate collaboration and participation.