

**Raymond Central Public Schools
Wellness Committee Meeting Agenda**

Meeting Date: Wednesday September 18, 2019

Meeting Time: 6:00 P.M.

Meeting Location: Raymond Central Jr/Sr High School Swing Classroom
1800 W Agnew Road
Raymond, Nebraska 68428

1. Welcome
2. Implementation of Policy
 - a. What questions, comments, or concerns have been heard from staff, parents/guardians, students, etc...
 - b. What next steps do we need to consider to communicate and monitor policy implementation?
3. Website Update
 - a. What, if any, additional resources do we need to add to the website?
 - b. *"Initiatives"* tab.
4. Nutrition Kits
 - a. What does this look like for implementation as it is part of the policy
 - b. Evaluation component is included in the curriculum delivery
5. Evaluation of Policy (For Next Meeting)
 - a. WellSAT Evaluation tool (We used to evaluate the previous policy and is included in the current policy as the review tool)
 - i. Version 2.0 used for pre/post on policy prior to implementation
 - ii. Version 3.0 used for pre/post for implementation?
 - b. NDE Evaluation tool
6. Focus on Staff Wellness
 - a. Brainstorm ideas on what this looks like for RC
7. Next Steps & Meeting Dates

Minutes

- Present for the Meeting:

- Shelly Dostal
 - Ann Egr
 - Brad Breitzkreutz
 - Rebecca Parks
 - Barb Schiefen
 - Beth Nacke
 - Dr. Joel
- The committee feels the implementation of the wellness policy is off to a great start. As a committee, we need to continue to find ways to communicate with our students, parents/guardians, and staff. The website has two resources for individuals wanting a snack that meets or exceeds the guidelines.
 - The committee needs to create an update for the monthly district newsletter.
 - The committee had a conversation in regard to the word “punishment” when withholding physical activity from a student.
 - Communication has been going well for the fundraising portion of the policy for both outside organizations and student groups.
 - food.unl.edu is a great resource to look up homemade healthy cooking options.
 - The committee will add a “initiatives tab” under the Wellness section of the website.
 - The committee discussed nutrition kits in the classroom and how they will be scheduled. Saunders County will provide the kits to our elementary schools. Beth will look for a resource to see what connections can be made between classroom curriculum and nutrition curriculum. Evaluations will only be for 3, 4, and 5 with pre and post assessments. There will also be an evaluation for teachers, but will serve as a resource to gauge perception of the effectiveness of the Wellness Policy.
 - The committee will begin the Version 3.0 for policy evaluation.
 - The Educators Health Alliance has money available to support RC’s focus on staff wellness. Rebecca Parks has been a great lead for this.
 - The committee will look at inviting a representative from each building to focus on staff wellness.
 - Idea- Promote drinking water by purchasing staff with RC water bottles.