

School Wellness Committee Meeting
February 15, 2016
11:00 am
Big Pasture School Library

The meeting was called to order by Superintendent, Nat Lunn.

Attendees:

Nat Lunn
Nora Lammick
Diane Bejesie
Pam Jackson
Kathy Jones
Nick Gable
Karla Rodriguez

A copy of the Local School Wellness Policy that was approved by the Board of Education on January 11, 2016 was distributed to the committee.

Mr. Lunn reviewed the Wellness Policy with those in attendance. The committee discussed the progress that has been made this school year to improve the health of our students as well as the faculty and staff.

Karla Rodriguez, Cafeteria Manager, reported measures she has implemented to provide more nutritious meals, both breakfast and lunch, for our students. Some of these changes include: 1.) introducing and serving whole grains in cereals, breads and pastas, 2.) offering low-fat or fat-free milk options, 3.) serving yogurt more often as a good source of calcium, 4.) serving more fresh fruits and vegetables on a daily basis, 5.) offering baked chips as a lower calorie and fat option, 6.) serving fewer desserts that are high in calorie and fat content, 7.) serving salad more often.

Mrs. Bejesie reported that at the elementary level, the students have a Physical Education class for 45 minutes each day. Traci Clem is the Elementary P.E. Teacher. Mrs. Clem plans daily activities and games that will help improve the students' physical fitness. The elementary students also have 25 minutes of recess time daily. The elementary has a room with exercise equipment (treadmill, elliptical machine and stationary bicycle) that is available for faculty and staff use.

Mr. Lunn reported that at the junior high and high school level most students are enrolled in a Physical Education class for 45 minutes also. The students not participating in sports are required to walk during the P.E. classes. Students have access to the gym before school and during the lunch period for activities. The high school has a weight room that is available for both student and faculty use. Coach Gable also reported that the high school gym is sometimes open on Saturdays and Sundays for basketball practice.