

Wellness Committee Report 2019 - 2020

The scheduled meeting was for March 19, but the committee was unable to meet due to the COVID-19 restrictions. However, school staff did a Friday afternoon meeting on March 13. Additional input was received through emails and phone calls for this report. The committee reviewed the policy and administrative regulations and felt that our policy is complete and meets all requirements. This is the year for the state's triennial progress assessment and report. It was completed post the committee meeting and submitted, saying this district meets the requirements.

The committee felt that overall, the district continues to see improvements in the area of wellness. The meals offer variety at every grade level and lots of fruits and vegetables at lunches to choose from. This allows both introduction and exposure with the possible and hopeful development of preferences for fruits and vegetables. AMS and AHS offer the most meal variety, but both elementary buildings offer 2 main dish choices. It was noted that there has been great improvement in the students being allowed an adequate amount of time to eat.

The elementary teachers have been innovative with activities in the classroom to help the students get activity when it is too cold to go outside for recess. When weather allows, some of the teachers have taken advantage of short bursts of outside time as a way to reward a class for academic achievement instead of a food reward.

The parent group's morning activity to bring parents into the school with donuts is recognized as a valuable and appreciated effort that should continue. The discontinuance of multiple food breaks/rewards during testing time is also recognized as a good choice.

The nutrition education is provided to about 110 students who elect to take FACS classes at AHS. In discussion with a variety of teachers/counselors, it is not formally provided to other students in AMS or at the elementary level. This continues to be an area of concern.

On further discussion of the Administrative Regulations, the Wellness Committee wanted to offer the following suggestions:

1. The elementary students could benefit from more table space at lunch. Depending on the meal, possibly a larger serving size. There is regulated on what they are allowed to serve and amount, so this may not be feasible.
2. AHS parents voiced concern that the availability of all choices is not there if the student is at the end of the line. They also mentioned that the sizes of pizza are not equal, so a serving size is not always the same.
3. A suggestion was made to have the AMS and AHS portion sizes enlarged to allow for the bigger students and the growth spurts/ increased nutrition needs for those age groups.
4. Provide more water bottle filling stations, 1 more at AMS and at least one at each elementary that students can access.
5. While there has been great improvement, attention still needs to be given to teachers giving out food rewards that do not comply with what the policy allows.
6. It was agreed that on the schedule, the students have the required amount of time for physical activity. However, in reality, with time taken out for attendance, changing clothes, lining up and movement between PE and music, the amount of time in actual physical activity is less. There is a request for additional time spent in physical activity.
7. The parents present questioned the expansion of the elementary school day's schedule to allow for more recess time. They felt that that was the explanation for the longer school day, but felt that the increased recess time had not happened.