

Summary of Committee Review of: FSD3 Policy ADF “District/School Wellness Policy”

Present: Valerie Mouzon, FSD3 Supervisor for Food Service, Michelle Gaskins, FSD3 Assistant Supervisor for Food Service, Lisa Nesmith, FSD3 Clerical for Food Service, Jac’Kel Brown, FSD3 Board Trustee/Community Member, Rutha Frieson, FSD3 Board Trustee/Community Member, Jennifer Melton, SESA PE Teacher, Pam Coker, FSD3 District Nurse, Nakisha McKnight, FSD3 CIA Administrative Assistant/Parent, Shelia Knotts, FSD3 Executive Admin Assistant.

Reason for meeting: Annual review of District/School Wellness Policy (ADF) for Florence School District Three as required by the USDA Food and Nutrition Service (Final Rule established June 30, 2017) and to determine progress towards meeting established goals for this policy.

Summary/Notes from this meeting:

Summary of the Final Rule was shared with members present at this meeting. Of course, this policy is to guide FSD3 in its efforts to “establish a school environment that promotes students’ health, well-being, and ability to learn.”

The policy itself was reviewed giving the following highlighted information:

- Items within the policy currently:
 - ✓ The basic purpose of this policy is to provide a school environment that promotes student wellness, proper nutrition, nutrition education, and regular –physical activity as part of the total learning experience.
 - ✓ School meals are required to be accessible, appealing, served in clean settings, and meet current nutrition requirements established by local, state, and federal statutes and regulations.
 - ✓ All students in Pre-K to 5th grade will be provided a minimum of 20 minutes to consume lunch **after they have received their food**. (Standing in line is not counted in the 20 minutes time allotment)
 - ✓ No food or beverages are to be used as ‘rewards’ for academic performance or good behavior.
 - ✓ Refer to administrative rule EFE-R for competitive foods sales/vending machines for schools during the day on school campus and after the school day.
 - ✓ Nutrition promotion and education promoting lifelong healthy eating habits are to be promoted throughout the schools and/or food service programs. This also includes promoting participation in school meal programs.
 - ✓ This wellness committee will meet annually to establish and review wellness goals and update this policy as needed.
- Items shared with the committee concerning the policy contents:
 - ✓ The menus provided by the food service department are instrumental for the nurses as they teach the diabetic population how to calculate the amount of insulin needed when deciding how many carbs will be consumed for a meal.
 - ✓ Nutrition News is posted on all menus which provides great nutrition information.

- ✓ The 4k standards do have the requirement of teaching proper nutrition.
- ✓ Elementary students are only required 1 PE course/week.
- Items discussed about concerns, including feedback:
 - ✓ In the elementary level, so many parents want to bring treats to celebrate birthdays
 - A letter is provided in today's handouts that give parents alternatives for celebrations.
 - One point was given about 'portion size' and teaching children it is okay to have a 'treat' but keep it limited.
 - Another question arose about bringing in 'homebaked' treats that do not have a list of ingredients. This runs into issues with students who have allergies.
 - This lead to only accepting items brought from an established bakery, or other vendor, with a seal on the 'treats'. This gives the teacher distributing the food to break the seal. Teachers should have the information concerning what students have particular allergies.
 - ✓ What can be done to give notice about a menu item being changed
 - Food Service will talk with cafeteria managers about sending out notices of menu changes as soon as possible.
 - Food Service did say that in meetings with cafeteria managers it is stressed to follow the recipe in order to maintain the integrity of the ingredient list.
- Assessment of Schools
 - ✓ Each committee member was given a copy of the district Wellness Policy Annual Progress Report. This tool will be used to assess the district's implementation of this policy.
 - ✓ Principals have an opportunity to be an instrumental part of make their school a healthy school. The website <https://www.healthiergeneration.org/> is available in order to register and be a part of assessing your school.

This information shared at this meeting and the handouts given will be circulated to members not in attendance during this meeting date and time. A continuation of this review will be sent out as soon as we receive feedback from other members.

Our goal is to have all of the feedback given to see if anything needs to be revised for this policy. Either way, once everything is submitted a final draft of the revised policy, if needed, will be sent to everyone once more before the final draft of the revisions, if any, will be presented at the 3/21/19 board meeting for approval.

Thanks to everyone for your time and consideration concerning this effort.