 

**HEaLth and Wellness**

**District Health and Wellness Leadership Council (DHWLC) Meeting Minutes**

**February 8, 2019**

**Attendees:**

Althea Albert-Santiago Sarah Drayton

Surilla Shaw Krystal Simmons

Karen Shelton-Henry Jeffrey Rhone

M. Leanne White Rose Howard

Tenecia Williams

The meeting opened at 10:04 a.m. with a welcome by Jeffrey Rhone and introductions. A revised copy of the agenda is included with these minutes. We were joined by Dr. Rose Howard, Interim Chief of Staff, who will serve on the DHWLC. She is the former principal of a Silver Award School that was visited by former President Bill Clinton.

Krystal Simmons of Southwest Foods shared a PowerPoint presentation via handout, explaining the upcoming Department of Elementary and Secondary Education (DESE) audit this March 11-15. Eight sites will be audited- Adams, Froebel, Kennard CJA, Yeatman (lunch observation only); Nahed Chapman, Long Middle, Collegiate School of Medicine and Bioscience, and Clyde C. Miller (breakfast and lunch observations). . The “Offsite Assessment Tool” features 15 areas to be examined and were expounded upon item by item. The Assessment

item “Local Wellness Policy” is section “1000” instead of “100”. Item 800 is Civil Rights, and is implemented with the use of a poster entitled “And Justice for All”, that is currently posted in the school cafeterias. Jeffrey requested that copies be provided for use on the Family and Community Specialists’ bulletin board in the schools. Acronyms you will see in the PowerPoint: CEP (Community Eligibility Program), NSFA (Nonprofit School

Food Service Account), CN (Child Nutrition) The presentation is included with these minutes.

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National acceptance of School breakfast is not 100% in our district. Middle school and high school are the big challenges because it is “not cool to eat in the cafeteria” according to some Students. Use of “Breakfast in

the Classroom” and “Grab ‘n Go” carts are working. Our district is at 62% breakfast participation out of its goal

of 65%. The national goal is 50%. To assist with participation in high schools, Dr. Howard suggested

placement of the grab n go items in the classroom. Krystal responded that this would require training of teacher son what qualifies as a “reimbursable meal” (three items, one of which must be a fruit or vegetable).

Also, not all principals want to leave the cart out longer. The district is seeing improvements.

The fresh fruit and vegetables program is not a part of the Offsite Assessment, but is included in the audit.

Districts need to price correctly; non Students (e.g. Staff) are to be charged $3.75; and this price increases

each year.

Karen gave an update on the district health and wellness. Monthly meetings are held. Wellness is driven through United Health Care, Community Partners and the programs they offer. The February meeting included a review

of 2018, where it was discovered that the “Real Appeal” weight loss program showed a loss of 3,451 pounds in the district! Forty two percent of the district is enrolled in the online portion of the health and wellness program. Participation involves sign up, weekly group coaching for 12 months, and the ability to re-enroll or drop out. Six weeks of involvement delineates active status, and gifts of a scale and workout DVDs are issued. On February 23 from 8 a.m. to 12 noon, Wellness Champion Training will occur. The American Heart Association, Business Health Coalition, YMCA, Karen Shelton-Henry, and Nicholas Collins comprise the presenters.

85% of our schools have an identified wellness champion who helps on Green Bean delivery day with fruit, stuffs mailboxes, and gathers names for T shirts, assuring they are distributed. The tentative date for Wellness Day is September 14. Smoothie King and the picture booth were successful at the event and will be included again.

February 25 is the date of the first Green Beal delivery of the year. New fruit items will be introduced this month: blood oranges, tangelos, Bartlett pears, and Fuji apples. “Rally” program participation is encouraged.

The completion of tasks referred to as “Missions” leads to incentives. Five hundred fifteen people have gotten $75.00; a total of $200.00 a year is available. Go to UHC.com>Health and Wellness tab>sign up for RALLY>

select “Missions”.

Leanne led the review of the Health and Wellness PowerPoint. Dr. Howard criticized that it lacks enough details for a presentation to the School Board in the future, and should be modified if used for that purpose.

Dr. Howard will seek approval to use May 24 at noon for a “Community Partners Appreciation Celebration”.

If the event is approved, anyone wishing to invite Community Partners to the event should send their names and email addresses to [Surilla.shaw@slps.org](mailto:Surilla.shaw@slps.org) by the determined deadline, and a “save the date” will be sent. Partners will be asked to share their accomplishments in the district this year.

The draft for inviting new members was reviewed and will be looked at further by Surilla, Dr. Howard, and Jeffrey.

The meeting adjourned at 11:29 a.m.

**Discussion topics and future considerations:**

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| Althea and Surilla will work with Tom Booth to assure that the Health and Wellness website meets compliance |

**No meeting in March.**

**Next meeting Friday, April 12, 2019 at 10 a.m.**