 

**HEaLth and Wellness**

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

**February 21, 2020**

**Attendees:**

Althea Albert-Santiago Aldric Weeks

Surilla Shaw Teron Sharp

Tenecia Williams Sarah Drayton

Margaret Leanne White

The meeting opened at 10:15 a.m. with introductions. A welcome was extended to new Member Aldric Weeks, Program Manager of the Family Nutrition Education Program, Missouri University Extension (UMSL). Square Watson, the Interim Building Commissioner of St. Louis Public Schools will become a member of our Council and attend future meetings.

The group approached the topic of “A Look at the Policy and Timeline – What will be a soft, measurable beginning?” with the consideration that at this point in the year, it is late to make a measurable mark. Instead, we will look to do the following: Through the Healthy Schools/Healthy Communities grant, an extension into High Schools is being sought. Central VPA and McKinley CJA/CLA are potentially the pilot schools. More Student input is sought to the extent where the program would be primarily “Student Run”.

Leanne has been implementing the Health and Wellness policy through the Healthy Schools/Healthy Communities Grant at these 11 sites- Adams, Carr Lane, Gateway Elementary, Gateway Michael, Gateway Middle, Hickey, Lyon, Mullanphy, Oak Hill, Washington Montessori, and Woodward. An extension into potentially 10 or 15 more elementary schools is also being sought.

Leanne shared information on the “Green School Yards” project. The district wants to create a green schoolyard space at a pilot school (not yet selected) in which there would be an outdoor classroom. There is lots of data to support cognitive and physical health benefits.

Aldric Weeks provided a folder of materials (see attached cover) entitled “Show Me Nutrition”. He explained that they are an outreach and engagement arm of Missouri Extension based in Columbia, Missouri. There is an arm in every county of the state. Federal statewide and regional components exist. The target populations are low income adults and low income children. Currently, there is Gardening at Yeatman Middle and after school activities at Kennard. Work at Jefferson and Bryan Hill elementary schools is beginning, and work at Ashland, Walbridge, and Ames is being sought, as well. “Impact has increased by 65%”. Children and adults have been instructed on “Eating Smart/Being Active” and “Eating from the Garden”. Show Me Nutrition is a Kg through 8th grade curriculum. Physical activity is a component of all of the programs.

Discussion occurred about the 25 St. Louis Public Schools with gardens. We will look into selecting some of them for an introduction of the “Eating from the Garden” program. Consideration is being given to a joint Professional Development with Nurses and P.E. Teachers through a Nutrition Program Associate from the UMSL Extension. Adult programs are being discussed with Jeffrey Rhone of Family and Community Engagement. Leanne will have the Extension program speak with each of the 11 Healthy Schools/Healthy Communities sites to see which components of the available offerings are preferred. Nurses in schools could benefit from more resources/speakers for classroom presentations. The programs are garden centered and community centered and include Pre K, Kg-8th, High School, and Adults.

Sarah Drayton spoke about the “Health and Nutrition Team” handout (attached). Among their activities are the Roving Chef, Rainbow and Butterflies in which students are taught to make a rainbow from fruit and vegetables. Smart snacking and education on choosing drinks is provided. Activities in schools was described. Goals are expected to be reached now that staffing has increased.

Teron Sharp presented. We are winding down winter sports. One student from 9th grade competed in wrestling at the state level. A meeting occurred with DASA (Disabled Athletes Sports Association). With the district they will hold “Super Sports Saturday” at Gateway Michael on Saturday, May 2 from 10 a.m. to 2 p.m. Occupational Therapists will help with the identification of students across the district to participate. Activities will include wheelchair basketball, BOCCIA, and cycling outside. Hardees Restaurants are sponsoring food. Aldric asked about the participation of the food truck services in the Extension Program. Teron was receptive. Another meeting with DASA will occur in March.

Nottingham wants an in-building culinary program where students there will prepare meals for staff, and serve them.

Tenecia Williams reported having firsthand information regarding food related experiences through her children, who are students in SLPS. They are familiar with many of the community programs in UMSL Extension. “Inadequacy of portion sizes in high schools (for instance 4 chicken nuggets)” is one of the food related concerns she learned about. But these do comply with nutrition guidelines. Students are offered unlimited vegetables, and can make salads, however. Tenecia discussed experiences her daughter had in P.E. class. She is building endurance, and doing a 12-minute walk without difficulty, which is an improvement, for example.

Althea reported that during Spring Break, there will be lunch and p.m. snack at Peabody Elementary (March 16-20). A literacy program will be held at the Botanical Gardens that will accommodate 75 students over break. “Safe space” is coming into buildings as we work with Community partners to provide places of safety for our students who need them.

Meeting adjourned at 11:10 a.m. and complimentary lunch was provided.

**Discussion topics and future considerations:**

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| * The task of adding the required **glossary** will be addressed.
* Develop a timeline for Network Superintendents regarding policy implementation
* DESE comes back in three years for another assessment.
* Every three years we have to evaluate the policy Timeline for implementation of the Health and Wellness Policy at Elementary, Middle, and High School Levels
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**Next meeting date Friday, March 13, 2020.**

Surilla Shaw, DHWLC Secretary