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## HEALTH AND WELLNESS

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

December 14, 2018

#### Attendees:

Althea Albert-Santiago  
Jeffrey Rhone  
Karen Shelton-Henry  
M. Leanne White  
Jerranetta Brookings

Nick Collins  
Roger CayCe  
Sarah Drayton  
Tenecia Williams  
Jackie Martin-Baker

Erika Hollinshed

The meeting opened with a Welcome by Jeffrey Rhone, Director of Family and Community Engagement and introductions.

After introductions, Althea Albert-Santiago, Director of Food and Nutrition Services opened up a discussion about implementation of the Health and Wellness Plan. It was suggested that we need a concrete plan. For starters the Health and Wellness Policy needs to go out to the district.

#### Discussion topics:

- Recess being removed as punishment
  - Principal has had an issue
  - Parent has called with concerns
  - Not having a 20 minute recess before lunch
- Academic Newsletter should help to get the word out about the policy
- Wellness Newsletter being put online
- Concerns with the percentage of staff who are actually reading the newsletters
- Meet with Network Superintendents to try to get the word out more
- Find out how many schools are using recess restrictions as punishment

#### Discussion of upcoming audit:

- March 11<sup>th</sup> – March 15<sup>th</sup>
- DESE
- Students not coming to eat will be observed
- Health and Wellness Policy will be analyzed as well
- Tool will be used for the policy
- Completing assessments will also work with the audit process

#### Updates in Food and Nutrition Services, Sarah Drayton:

- Nutritional analysis
- Dietary stats are reviewed
- Every school is looked at through analysis
- Production records and meal components are reviewed also
- Reimbursable meals were discussed
- Special dietary needs will be reviewed along w/medical documentation
- Fruit and vegetable program will be reviewed as well

#### Food services:

- Supper programs
- Snacks are being served as well
- Variety of foods are now being offered
- New high school concepts:
  - Tex mex breakfast (eggs, salsa, etc)
  - Country cookin(w/biscuits and gravy)
  - Flapjacks(pancakes w/ fruit compote)
- In high schools the salad bar will be expanded

#### How we are improving movement in the classroom, Leanne White:

Leanne did a PowerPoint presentation to talk about how to increase physical activity during school time  
Displayed Aim Zone activities

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#### **Next meeting:**