

Eaton Community Schools Wellness Committee Annual Review and Recommendations

The wellness committee convened on May 22nd at 3:30p.m. to complete the annual review of our district's compliance with and implementation of the district policy on Wellness (8510). Discussion was held regarding each area of the policy: nutrition education, physical education, physical activity and objectives for enhancing student health and well-being.

The committee made these suggestions to enhance and improve implementation of the policy in the following areas:

- a. Continue to monitor sugar content level in foods and snacks offered by school cafeterias. Monitor the number of snacks students are able to purchase and provide a limit on this number if needed.
- b. Develop and/or purchase additional educational posters to be displayed in and around our cafeterias using resources available on the ODE and USDA websites. This could include posters created by the high school Family and Consumer Science students.
- c. Establish a system of communication with district staff regarding promoting and providing healthy snacks and foods in classrooms. Include this as a topic at beginning of year staff meetings. Cafeteria Managers and/or district nurse can support building administrators in presenting the information. The district nurse will provide a healthy snack list to classroom teachers.
- d. Discuss with elementary staff and monitor the use of loss of recess as a disciplinary consequence. Recommend that students losing some recess time can be required to walk, but not run, in order to still obtain some physical activity.
- e. Establish a system of communication to district families regarding providing healthy snacks and foods for consumption at school. Include a school healthy food and snack list in opening day packet for families.
- f. Ensure that foods in middle school and high school food pantries are healthy foods and snacks.
- g. Provide opportunities for Physical Education teachers to hold vertical team discussions on district Professional Development days in addition to attend professional development opportunities outside of the district during the school year.
- h. Recommend with Superintendent approval providing district cafeteria staff the opportunity to attend summer professional development opportunities in exchange for attending district Professional Development Day during the school year.

Submitted: Pam Friesel
May 22, 2019