



Webster County School District Wellness Committee Meeting Minutes

Date: Thursday, October 1, 2015

Location: Webster County Board of Education Office

Time: 12:30 pm – 2:30 pm

Attendees: Jeremy Pyle, Tammy Holcomb, Ann Wilson, Jeff Hamrick, Brenda Knight, Jody LeRose, Nonie Roberts, Sue Weir, Jo Ann Arthur, Kennetha Howes

- 1) Welcome and Introductions
 - a. The committee welcomed new member Nonie Roberts, Region IV Adolescent Health Coordinator.
- 2) Wellness Policy & CRE
 - a. A copy of the Wellness Policy was handed out to attendees
 - b. Tammy Holcomb explained how the WVDE Office of Child Nutrition would be conducting a review of the Wellness Policy during the Coordinated Review Effort in October. The review will look at the Wellness Report Card for the 2014-15 school year.
- 3) Review of Purpose of Wellness Committee
 - a. Mr. Pyle reviewed the purpose of the Wellness Committee
- 4) School Activities Reports
 - a. WSES was the only school to turn an activity report in for the 2014-15 school year. Principals have been notified to turn the information in ASAP so it can be uploaded to the County website as required by state policy.
- 5) Discussions and Planning for 2015-2016 Action Plan
 - a. Reviewed evidenced-based strategies
 - i. Fuel up to play 60
 - b. Reviewed past priorities and activities
 - i. Some items on the action plan will be continued in the current year's action plan

- ii. Physical Education class in elementary school is 30 minutes and students have recess every day. Students cannot lose recess for misbehavior. High school students have PE class daily for 45 minutes.
- iii. It was not clear how Jamin a Minute and Let's Move WV was used at all schools because not all principals were at the meeting.

c. Explore new priorities and activities -

- i. Priorities for 2015-2016 establish Wellness Councils in schools.
- ii. Increase awareness of Wellness Policy throughout community
- iii. Create a handout for parent on smart snacking and non-food ideas for celebrations in the classroom.
- iv. Investigate availability of mental health services for students. Child psychiatrists are difficult to find and often hard to get appointments. Administrators will look for other available mental health services and create a list to be used at their schools to have available for parents and guardians.

d. Created 2015-16 Action Plan

- i. Nutrition promotion will remain the same
- ii. Request breakfast promotion plans from principals
- iii. Create a list of alternative nutritional snacks to provide to teachers and parents to guide school party celebrations
- iv. Investigate improving mental health services available for students and families
- v. Initiate and schedule regular quarterly county wellness team meetings.
- vi. Establish Wellness site on each school's website to publish school and community physical activity programs.
- vii. Physical Education Classes minimum of 30 minutes according to Policy
- viii. Promote "Jammin' Minute" and "Let's Move" programs in the classroom for additional student physical exercise throughout the school day.
- ix.

6) Plans for future meetings

- a. **Date:** December 1, 2015
- b. **Time:** 12:30 pm – 2:30 pm
- c. **Location:** Webster County Board of Education Office



Webster County School District Wellness Committee Meeting Minutes

Date: Thursday, December 3, 2015

Location: Webster County Board of Education Office

Time: 12:30 pm – 2:30 pm

Attendees: Jeremy Pyle, Tammy Holcomb, Ann Wilson, Brenda Knight, Sue Weir, Sheila Hatley, Kathy Chapman

- 1) Welcome and Introductions
- 2) Coordinated Review Effort (CRE)
 - a. Tammy Holcomb handed out a copy of the findings from the Food Service Administrative Review by the WVDE Office of Child Nutrition for committee members to review
 - b. Tammy Holcomb handed out the Wellness Policy Score. The committee discussed the score and ways to improve the score.
 - i. All elementary school students receive nutrition education in their PE classes. Students at GES and WSES receive additional nutrition instruction through the Fresh Fruit and Vegetable Program Grant.
 - ii. Students do not go home for lunch except students living near WSES.
 - iii. Include link to Smart Snack standards in policy.
 - iv. Work to develop alternative fundraising activities to place in policy
 - v. Address CSPAP
 - vi. Afterschool programs offer physical activities
 - vii. Schools will promote family involvement in physical activity in school and in the community
 - viii. Policy will encourage staff to model healthy behaviors in eating, drinking, and physical activity.
- 3) Plans for future meetings
 - a. **Date:** April 7, 2016
 - b. **Time:** 1:30 pm – 3:30 pm
 - c. **Location:** Webster County Board of Education Office



Webster County School District Wellness Committee Meeting Minutes

Date: Thursday, April 7, 2016

Location: Webster County Board of Education Office

Time: 1:30 pm – 2:30 pm

Attendees: Jeremy Pyle, Tammy Holcomb, Brenda Knight, Sue Weir, Sheila Hatley, Mary Anne Carpenter

- 1) Welcome and Introductions
- 2) CACFP Review
 - a. Tammy Holcomb discussed the review of the supper program with the committee. There were no findings.
- 3) School Activities Reports
 - a. Members reported out on activities the schools have participated in so far this year.
 - b. Tammy Holcomb stated she would email the link for the School Activities Report to the principals for reporting activities by the end of the school year.
- 4) Meeting ended early due to another meeting being scheduled
- 5) Plans for future meetings
 - a. **Date:** May 24, 2016
 - b. **Time:** 1:30 pm – 3:30 pm
 - c. **Location:** Webster County Board of Education Office



Webster County School District Wellness Committee Meeting Minutes

Date: Tuesday, May 24, 2016

Location: Webster County Board of Education Office

Time: 1:30 pm – 2:00 pm

Attendees: Tammy Holcomb, Brenda Knight, Sue Weir, Mary Anne Carpenter

- 1) Welcome and Introductions
- 2) School Activities Reports
 - a. Members reported out on additional activities the schools have participated in so far this year.
 - b. Tammy Holcomb stated she emailed the link for the School Activities Report to the principals for reporting activities by the end of the school year.
- 3) Wellness Policy Update
 - a. Wellness Policy is due to be updated in 2016-2017
- 4) Plans for future meetings
 - a. **Date:** October 6, 2016
 - b. **Time:** 1:30 pm – 3:30 pm
 - c. **Location:** Webster County Board of Education Office