

DAC Meeting Minutes October 14, 2009

DAC Attendance...Christina Feneley, Ben Laser, Jay Moore, Laurie LaChance, Kerri Comai, Larry Boyer, Pam Miller, Sharon Driscoll, Karen McCafferty, Rob Behnke, Suzanne Allen, Ernie Lahusky, Samuel Joseph, Lindzey Glen, Peggy Damon, Abby Davis, and Ed terSteege.

Guest...Kathy Block, Health Educator - Lakeview Schools

The meeting began at 12:30. The September 16, meeting minutes were acknowledged as presented.

Sharon Driscoll, Karen McCafferty, and Suzanne Allen reported on the School Health Summit, which was held October 5. They talked about the importance of physical activity and the impact on the brain. It was noted that "to improve our brains we must intentionally improve our bodies." Two activities that they talked about were "Brain Breaks and Dump Your Rump." Suzanne Allen indicated that they received a power point presentation, which she will send to Ed for distribution to the committee members.

Ben Laser reviewed the district policy regarding wellness. Key points in the Board adopted policy includes...

- The Pennfield Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.
- All students, Pre - K-12, shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.
- The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.
- The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

- The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
- The District shall offer physical education opportunities that include the components of a quality physical education program.
- The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Additionally, in context with the information about fitness and healthy lifestyle choices, the committee discussed various school and/or club fund raising activities, the concession stands, school activities including birthday parties, holiday celebrations, and using food or treats for test taking and/or rewards, and finally, the consumption of pop, power drinks, etc. by both students and adults during the day. The discussion created more questions than answers. It was noted that, if the goal of the wellness focus by DAC included ideas and recommendations in terms of healthy choices about nutrition and fitness, it will be the committee's responsibility to look in part at the impact on a variety of practices and/or organizations; including education strategies to change habits, attitudes, and behaviors of both the youth and adults, reviewing fund raising options, and looking at practices that support the use of food as a reward system.

The primary expected result of the DAC's efforts this year will be a detailed district and/or building wellness plan of action, which will be submitted to the Board of Education for adoption consideration. Part of the wellness plan will include recommendations regarding community awareness, early education intervention strategies, potential changes in current practices, and community options in terms of healthy choices, nutrition, and fitness.

Christina Feneley reviewed a summary of the 207 Mi-PHY (Michigan Profile for Healthy Youth) survey results for 7th grade. She referenced the results for 9th and 11th grade. Mrs. Feneley notes that the Mi-PHY will be administered again on October 28, at the Middle School. The exact date for the High School has not determined, but the sense is that it will take place in early November. The intention is to share and compare the results from 2007 and 2009 with the committee to determine trends and priority areas of concern to be addressed.

Kathy Block, Health Education from the Lakeview School District, shared the journey regarding wellness education, practices, policies, and plans Lakeview has taken over the past ten years. She emphasized the importance of wellness awareness, involvement and participation by students, staff, parents, and community, use of assessment and other sources of data including the Calhoun County Community Report Card and Mi-PHY results, and creative funding options such as grants and/or a general fund line item regardless of how small.

Kathy advised, "Start small and transition into bigger goals...do the easily attainable first and develop a plan to target the more difficult goals...You have to keep at it because changing habits and a culture will take time. It is a building process in which you educate, create awareness, build leadership capacity, and monitor the effectiveness of efforts so you know where you go next." Other ideas she talked about included...

- Check different websites (CDC, MDE, etc.) for wellness ideas.
- Explore ways to share a student's fitness progress with the parents...use the Fitness Grams.
- Don't forget the impact that physical activity has on the effective use of our brains. Plan accordingly with staff.
- Consider using the 8 Components of School Health assessment to develop a better picture of strengths and needs in Pennfield.
- Incorporate wellness awareness and education into sports teams and clubs such as the Soccer Club, Rocket Football, Scouts, youth groups, etc.
- Educate staff so they model wellness habits in terms of nutrition and fitness habits and choices.
- Hold activities and events that emphasis and support wellness efforts. Be involved in the Corporate Cup, schedule student field days, Parent Olympics, etc. were discussed.
- Send messages regarding healthy lifestyle choices in terms of nutrition and fitness to the parents and community in the district newsletter and on the website. The idea of having a student write a "Dear Mom and Dad" letter for publication in the newsletter was suggested and discussed.
- Add wellness books and materials to the Parent Resource Library.

The meeting adjourned at 2:30. Please note the next meeting is **Wednesday, November 11.**

Respectfully Submitted,

Ed terSteege - Recording Secretary

DAC Meeting Agenda
November 11, 2009
CACC - 475 East Roosevelt

Working Lunch...12:00 to 12:20

Reflection on the October 14, Meeting... 12:20 to 12:35

Discussion Topic...12:35 to 2:15 - Christina Feneley

- ❖ Brainstorming what the wellness plan is going to include.
- ❖ Time frame to accomplish the wellness plan.
- ❖ Who will be responsible for developing the different parts of the wellness plan?

Closure...2:15 to 2:30 - Christina Feneley

- ❖ Next Meeting - January 13...same time, same place
- ❖ Agenda Items for next meeting
- ❖ Personal preparation for the January 13, meeting

District Commitment...To ensure all students are successful learners and become outstanding citizens.