



**Student Wellness Committee**  
**Thursday, October 26, 2017**  
**2:00 p.m. to 3:30 p.m.**  
**The Anderson School**

**AGENDA**

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Members Present:

Samantha Bader	Health and Nutrition Coordinator
Carly Weist	Health and Wellness Assistant
Megan Marsico	Dietetic Intern
Cecilia Quenzer	School Nurse, Anderson School
Judy Colihan	Emotional Support Teacher
Daniel Deegan	Health and Physical Educator
Georgine Fronzak	Program Administrator, Anderson School
Bridget McGuigan	School Nurse, Early Learning Academy

Members Absent:

Paula Rice	Program Administrator, Head Start
Lois Robinson	Director of Student Services
Joshua Steff	School Counselor, Office of Non-Public Services
Sherri Becker	MCIU Board Member, Wissahickon School District
Sandy Edling	Assistant Director of Business Services
Ashley Lee	Program Administrator, Pre-K Counts

The meeting was called to order at by Committee Chair, Samantha Bader at 2:14 P.M.

Samantha Bader reported that the revised Student Wellness Policy was approved by the MCIU Board of Directors at their June 28, 2017 meeting. The revised policy is available on the website and all programs under the MCIU should now be following the policy.

The Committee discussed how the policy was working for each of the represented programs.

- There have been minimal changes at the Anderson School and everything has been going well.
- The Committee was reminded that even if a student is not part of any federal nutrition program, the policy still applies to them.

Develop ideas/solutions for fundraising

- The Committee discussed creating a one sheet handout of fundraising ideas that are compliant with the policy to be accessible to our own employees, to other school districts, etc.
- Samantha Bader will look for more guidance on fundraising and how the Committee can assist those programs who do choose to run a fundraiser ensure compliance.

- At the Anderson School, the Student Council recently held a fundraiser called 'Boo Grams' as their once per month allowed celebration. The students sold taffies on the same day as their Halloween dance, so the money raised could go back into the Student Council's fund for operating the dance.

#### Ideas for Rewards

- The Committee discussed developing a one sheet page that will be available via Share point for all MCIU employees to review.
- Suggested Items the Committee discussed for these rewards included: i-tunes gift cards, extra computer time, Breakfast/Lunch with the principal, partnering with other organizations to have guest visitors (ex. Traveling zoo, famous athletes visit, etc.)
- The Committee also discussed the program utilized at the Anderson School. Students do work to earn choice time, or become a leader for something as a reward. These types of things are good to focus on since they are easy to do and involve no monetary expense. Another example provided by the Anderson School is their 'Pass in the Class' reward, where students who increase their reading scores can choose how he/she wants to spend a class period.

Samantha Bader reminded the Committee that our procedures must be reviewed every 3 years as part of the triennial assessment.

Samantha Bader introduced the School Wellness Policy Evaluation Tool. This tool evaluates how well the policy is actually written, as well as, how well the policy is actually functioning.

- The tool reviews different content areas (like nutrition education, physical activity, etc.) and ranks them based on strength of statements.
- The Committee decided that each Committee member will score the MCIU policy. Then the Committee will take an average of the individual scores to get an overall ranking as a baseline opinion. The Committee will also get an objective opinion for the policy from another organization or outside agency to compare to our own evaluation.
- Samantha Bader will send out the tool, with corresponding areas highlighted in our policy so each Member can review before the meeting.
- The Committee decided after our evaluation of the statements in the policy is complete, we will provide some time before we begin formally evaluating how the policy is actually functioning.
  - The Committee is looking at possibly the beginning of Year 2 of the policy, preferably while students are in session.
  - We will need to check on the year cycle to determine the beginning of each year.

It was mentioned that the Committee should add more handouts and resources to our website.

- This should include the Smart snacks visual of what is allowed, as well as the fundraising and rewards one sheet ideas once created. Samantha Bader will do this.

### Approval of previous meeting minutes

It was moved by Daniel Deegan and seconded by Georgine Fronzcak that the Student Wellness Committee approve the minutes of the April 26, 2017 meeting. Motion passed unanimously.

### Next meeting topics

The winter meeting of the Student Wellness Committee will focus on determining the points awarded to each area of our policy, as well as finalizing the guidance to be distributed for fundraising and rewards.

### Next Meeting

Our next meeting is scheduled for Wednesday, December 13, 2017. Samantha Bader will email links for the policy assessment, with the corresponding highlighted areas in our policy.

The meeting adjourned at 2:52 P.M.