



**Student Wellness Committee  
Wednesday, March 1, 2017  
2:00 p.m. to 3:30 p.m.  
The Anderson School  
Meeting Minutes**

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Members Present:

Samantha Bader	Health and Nutrition Coordinator
Sandy Edling	Assistant Director of Business Services
Carly Weist	Health and Wellness Assistant
Georgine Fronczak	Program Administrator, Anderson School
Cecilia Quenzer	School Nurse, Anderson School
Judy Colihan	Emotional Support Teacher
Daniel Deegan	Health and Physical Educator
Joshua Steff	School Counselor, Office of Non-Public Services
Sherri Becker	MCIU Board Member, Wissahickon School District
Lois Robinson	Director of Student Services

Members Absent:

Paula Rice	Program Administrator, Head Start and Pre-K Counts
Bridget McGuigan	School Nurse, Early Learning Academy

The meeting was called to order by Committee Chair, Samantha Bader, at 2:12 P.M.

Approval of previous meeting minutes

It was moved by Daniel Deegan and seconded by Cecilia Quenzer, that the Student Wellness Committee approve the minutes of the December 7, 2016 meeting. Motion passed unanimously.

These approved minutes will be posted on the MCIU website for all to access.

Review of PDE Final Rule presentation

Samantha reviewed the PDE Final Review which was presented in February 2017, a copy of the presentation was given to each committee member.

- This included an overview of what we covered during our last meeting and what exactly is expected of us with the School Wellness Policy
  - Samantha explained the requirement of public involvement and that this is a fully open committee to anyone that wants to be a part of it. We will have a page on the MCIU website about the committee, meeting minutes, and a statement that it is open for anyone to join.
  - It was clarified that a majority of the required goals from the Final Rule are already in our policy, but we need to work to be more specific and use evidence based strategies to implement procedures and ensure compliance

- For future meetings we should delve into the specifics of the policy, and how we evaluate the implementation of the policy in order to meet the June deadline
- The biggest change in the Final Rule is found in the Nutrition Guidelines (slide 15)
  - Already meet this guideline but need to revise policy to include the specific language of 'Smart Snack guidelines' that will limit what can be sold and provided in schools
  - Feedback from the committee members included:
    - Any food that is currently being sold must be removed from the school if not a Smart Snack, for example the soft pretzels sold at Anderson- are they allowable?
    - What about vending machines?- if it is not accessible to students, then it is not applicable, for example the vending machines in the MCIU main office are in the area clearly labeled 'Employee breakroom' so does not apply to students
    - A lot of snack companies are already prepared for this change
- It was clarified that the times of day this rule will be in effect are midnight to one ½ hour after the school day ends, meaning a football game at 7 pm is allowable but early morning practice would not be allowable
- It was questioned by the committee if food fundraisers are required to meet the Smart Snack guidelines. Feedback included:
  - There may be exemptions for this to allow a couple times a year
  - Samantha will follow up on this and find out what specific items qualify and how often
- The committee then discussed Slide 18 of the Final Rule about non-sold items at school
  - The red ticket system at Anderson was explained as their reward system in which one student receives ice cream once a month
    - This came up as a concern that we should not be rewarding with food, items similar to school store items, gift cards, etc. would be a better alternative as a reward
- We then discussed slide 19 about food and beverage marketing
  - It was clarified that this does apply to vending machines, posters, menus, trashcans, sports paraphernalia (i.e. scoreboards), but exceptions do include student clothing, backpacks, etc.
  - Expensive items (like scoreboards) may be grandfathered in and allowable until the item becomes broken and needs to be replaced
  - In our current Early Learning programs we will be purchasing all new play food items, shopping baskets, play serving ware, etc. for each classroom to follow this guideline
  - We will have to brainstorm on how to incorporate this into all other MCIU programs
- Slide 23 about informing the public was discussed and it was confirmed that all information about the Student Wellness Policy is available on the MCIU website

#### Proposed updates for MCIU Student Wellness Policy

- We have received the PSBA (PA School Board Association) template and are hoping to align our policy with this model
- We have to add language to include Pre-K
  - It was decided to change the policy to say 'ages 3 to 21' instead of 'grades K-12', in order to include life skills, transition students, Pre-K, etc.
- Will add language to include 'Other USDA food programs' in case we ever add additional programs in the future
- The committee will meet four times per year- a minimum of four is best practice

- Will add language to include Smart Snack food marketing to the policy in which we will have to clearly define food and beverage marketing
- Include Smart Snack competitive food availability- will need to change to meet the federal smart snacks standards
- Smart Snack fundraising
  - Discussed that we will look into the allowable PDE exempt fundraisers. We will have to meet or exceed these guidelines and add language to the policy explaining the exemptions.

#### Additional Discussion

- Once the policy is approved, it was suggested to make part of MCIU Opening Day so its presented to all staff and teachers of all MCIU programs.
- Samantha discussed the opportunity of starting a Summer Food Service Program this summer in the Norristown, and possibly Pottstown areas.

The next meeting of the Student Wellness Committee was scheduled to occur in May 2017, but we have decided to move up to April 2017 to finalize the policy and give the board time to consider before July 1.