



Bismarck School District

Wellness Committee

February 3, 2017

Agenda

- I. Introduction--Members and student guests signed in**
 - A. Roles: recorder-Denise Rogers / timekeeper-Mike Spraggins**
- II. Old business**
 - A. Approval of last meeting minutes (on back)-approved**
 - B. Lauren/Dana will send interest inventory to all students.**
 - C. Professional development for teachers regarding smart snacks-not needed at this time; Lauren Collins talked with principals to clarify.**
 - 1. Smart snack calculator is now on website for parents. Lauren Collins will send Ellen Coleman (EC) more info that she's like to be included on the wellness page of our district website. EC asked others to be thinking about other things to add.**
- III. New Business**
 - A. School Health Index (strengths/weaknesses: Goals)--These are required by ADE. It guides what programs & activities we do with regard to wellness.**
 - 1. Elementary School**
 - 2. Middle School-**
 - a) Posters in halls regarding healthy eating**
 - b) Physical activity-we already offer more minutes than required**
 - c) Healthy environment-learning throughout school culture**
 - (1) EC mentioned that social is an important component of wellness. Yesterday's bullying presentations were a great way to address the social aspect.**
 - d) Fundraisers that promote healthy activities**



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3. High School

B. Programs/Activities-How are we addressing & promoting wellness within our campuses

1. Elementary School-Angie Smith reported that they had just finished BMI testing; February is Jump Rope for Heart month; vision/hearing testing; showing bullying video to support Tom Thelan

a) EC suggested we go back to doing the Ocean Dental visits like we've done in the past

2. Middle School-BMI; scoliosis screening; Dodgeball REAP activity; Jessica Harris is piloting a program with her 8th graders where they will rotate wearing Fitbits and tracking their activities

3. High School-no representative

4. District-mobile mammogram; Tom Thelan bullying program; EC & others recently attended "Capturing Kids' Hearts"-building relationships among staff & students.

5. Community-Our churches support us by sending food to our students; Helping Hands gives clothing to school staff for students

C. Cafeteria

1. Menu review

a) recommendations-Our student representative from the middle school, Sarah W., said that she really likes the new menu options. Her favorite option are the nachos; her least favorite option are the rib sandwiches. She's heard students say they prefer beef tacos over the chicken and they LOVED the soup day.



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- b) Both elementary and middle school expressed a concern about the waste of fruit. Students LOVE the fruit, but have a hard time with it when it is whole. A suggestion was made to slice it for the students rather than serving whole. Dana Berry agreed and they will slice apples and oranges for the students.

D. Future programs/activities

1. Ellen Coleman asked about the fresh fruit and vegetables grant.
 - a) Lauren Collins said that they must apply and it is very labor intensive for cafeteria staff since the fruit must be washed and bagged and even teachers since they must incorporate the learning of the fruit into their curriculum. She also thought it was an elementary only grant, but she wasn't sure.
 - (1) Mike Spraggins suggested looking into the option of pre-bagged fruit. He also mentioned a program he was familiar with that would help with the teaching.
 - b) Ellen Coleman asked Lauren Collins and Dana Berry to look into this.
2. Socktober-Kids are in need of socks. Ellen Coleman suggested we consider this. Also need for shirts & shoes.



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Name (signatures on file)	Position
Janis Spraggins	parent
Teresa Hughes	Community member/grandparent
Angela Smith	Elementary P.E.
Sarah W.	student
Tina Smoke	Middle School LPN
Denise Rogers	Middle School Counselor
Dana Berry	Food Service Manager
Lauren Collins	Child Nutrition Director
Shana Newsom	Special Education LEA
Michael Spraggins	Middle School Principal
Ellen Coleman	Wellness Committee Chair
Lana Hughes	Elementary Principal



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