

GALENA CITY SCHOOL DISTRICT

WELLNESS POLICY ADVISORY GROUP MEETING:

MAY 16th, 2018; GILA Two Seasons Dining Hall: 9.00am.

Participants:

- **Parents, PAC members, students, administrators, food services members; teachers and board members.**

Materials:

- **GCSD board-approved Wellness Plan, 2015.**
- **GCSD Wellness Policy Implementation Review: October 2017.**
- **GCSD Wellness Policy Implementation Review: blank form.**

Agenda:

- **Welcome.**
- **Presentation of the GCSD board-approved Wellness Plan, 2015.**
- **Discuss and suggest improvements to the GCSD Wellness Plan.**

WELLNESS PLAN ADVISORY GROUP MEETING HELD 16 MAY 2018

Attendance

Ken Essex	SHS Principal
Marvin Parent	GILA PAC representative
Isabella Apfelbeck	District Office: Food Services Coordinator
Angelica Fermin	GILA student representative – High school
Sable Scotton	SHS student representative – middle school
Ayla Kalke	SHS PAC representative; elem. School librarian
Wanda Lord	GILA PAC representative
Maria Stam	GILA kitchen staff
Tammy White	GILA Food service manager

Wellness Plan mtg 5-16-18

Ken Essex

Marvin Parent

Ken A

Angelica Firmin

Sable Scotton

Ayla Kalke

Wanda Lord

Maia Stam

Tammy White

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Local School Wellness Policy Implementation Review

GCSD Wellness Policy Implementation Review	
District/RCCI Sponsor:	
Stakeholder Participation:	<i>LEAs are required to involve parents, students, school administrators, teachers, representatives of the school food authority, the school board, and the public in the development, implementation, and periodic review of the LWP.</i>
Goal in current wellness policy:	Existing advisory group/PAC to be used for reviewing and implementing Wellness Plan
Implementation Progress:	Include GILA, SHS reps ; Include DORM and clinic reps. Invite Carrie Given [Health field] and incoming PE teacher; Notify principals to include the Wellness Plan on the PAC agenda and present during teacher in-service. Presented to SHS PAC in 2018
Next Steps:	Present to PAC twice a year. Gather PAC recommendations Table Wellness Plan at in-service. Involve both kitchens
LWP goals for Nutrition Education: LEAs are required to include goals for Nutrition Education	
Goal in current wellness policy:	Retain as is: Classroom/cafeteria-based nutrition education
Implementation Progress:	Retain as is: Certified teachers instructing Health and Fitness classes
Next Steps:	Continued education, including elementary Involve new art teacher; PE teacher including elementary PE teacher; Utilize the afterschool nutrition club and the GILA traditional foods club; Community baking/cooking club in the SHS Home Econ. room
LWP goals for Nutrition Promotion: LEAs are required to include goals for Nutrition Promotion	
Goal in current wellness policy:	Retain as is: Both cafeteria produce menus with greater nutritional options
Implementation Progress:	Fruit and salad bars widely used in addition to set NSLP menu; traditional foods offered at GILA Improve communications between students and kitchens; make provision for diabetic and other food needs; try and cater for students requests by offering a variety of foods



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Next Steps:	Make provision for diabetic and other food needs; try and cater for students requests by offering a variety of foods accepting that there are vegan/vegetarian students
LWP goals for Marketing foods and beverages:	LEAs should be marketing only foods and beverages that meet the Smart Snack requirements
Goal in Current wellness policy:	Retain as is: No vending machines operating during the academic day
Implementation Progress:	Assist with teachers to determine if fundraising snacks are smart snacks – use smart snack calculator; otherwise have to be in one of the approved fundraiser waiver days.
Next Steps:	Annually apply for fundraiser waiver
LWP goals for Physical Activity:	LEAs are required to include goals for Physical Activity
Goal in current wellness policy:	Appropriate physical exercises per grade level.
Implementation Progress:	Lifetime fitness teacher for high school; Health and PE classes required for HS; Team sports offered as well as GILA evening open gym; Recess and PE time for elementary meet PE minimums.
Next Steps:	Review elementary staffing availability to meet PE requirements for those grades: Elementary PE teacher for FY 19; New dedicated PE/lifetime fitness teacher for high school; athletic training
LWP goals for School-Based Wellness:	LEAs are required to include goals for School-Based Wellness.
Goal in current wellness policy:	Retain as is
Implementation Progress:	Vehicle to make recommendations to kitchen staff about wellness; Encourage teachers to have mid class breaks to let students "stretch legs" and move around
Next Steps:	Diabetes education Provide options/education for vegan/vegetarian In-class physical activities Encourage participation in physical activities Involve the clinic



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<p>LWP goals for Public Notification: LEAs are required to update the public (including parents, students, and others in the community) about the content and implementation of the LWP.</p>	
<p>Goal in current wellness policy:</p>	<p>Retain as is: Disseminate the Wellness Plan to stakeholders</p>
<p>Implementation Progress:</p>	<p>Wellness Plan posted on the school website Presented to the SHS PAC Presented to the Wellness Committee meeting held in May 2018 Most recent version of Wellness Plan is posted on the district website</p>
<p>Next Steps:</p>	<p>Include articles in the Hawkhighlights newspaper Post this evaluation on the school website Post on the GILA and SHS facebook pages Include the K1YU Sunday night Margie Attla Athabascan Hour Communication with parents and students and community members</p>
<p>Measuring Implementation: LEAs are required to periodically measure and make available to the public an assessment on the implementation of the LWP, including the extent to which schools are in compliance with the LWP and a description of progress made in attaining goals of the LWP.</p>	
<p>Goal in current wellness policy:</p>	<p>Wellness Plan Advisory Group develops, implements, monitors and reviews the Wellness Plan goals</p>
<p>Implementation Progress:</p>	<p>GILA and SHS principals in process of selecting PAC and students reps for Wellness Plan Advisory Group</p>
<p>Next Steps:</p>	<p>Students and PAC parents invited and were present at the Wellness Plan Advisory Group meeting in May 2018</p>
<p>Local Designation: LEAs are required to designate one or more LEA official or school official to ensure that each school complies with the LWP</p>	
<p>Goal in current wellness policy:</p>	<p>Superintendent or designee identifies one or more persons to be responsible for ensuring that each school within the district complies with the Wellness Plan</p>
<p>Implementation Progress:</p>	<p>GILA and SHS Principals are responsible; with District Office official as coordinator</p>
<p>Next Steps:</p>	<p>Superintendent's office or designee monitors Wellness Plan implementation</p>
<p>Other Goals: if applicable, please describe other goals specific to your district's wellness policy that exceed the federal requirements.</p>	



**EDUCATION
& EARLY DEVELOPMENT**



NUTRITION PROGRAMS

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Goal in current wellness policy:	New goal: Open good lines of communication
Implementation Progress:	
Next Steps:	Put out prompts [surveys to students] Encourage "health club"