

## **GALENA CITY SCHOOL DISTRICT**

### **WELLNESS POLICY ADVISORY GROUP MEETING:**

**MAY 15<sup>th</sup> 2019, GILA Two Seasons Dining Hall: 9.00am.**

#### **Purpose:**

- **To recap the GCSD board approved Wellness Plan, 2015.**
- **To continue the implementation review of the GCSD board approved Wellness Plan, 2015.**
- **To recap ideas/proposals tabled on May 16, 2018 for consideration in the Wellness Plan [see attached minutes/tables]**
- **To table ideas for consideration in the Wellness Plan for the FY20 school year.**

#### **Participants:**

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

#### **Materials:**

- **Wellness Plan 2015**
- **SFA Implementation Review Form**
- **GCSD Wellness Policy Assessment and Minutes of May 16, 2018**

#### **Agenda:**

- **Welcome**
- **Tabling the GCSD Wellness Plan 2015**
- **SFA Implementation Review Form May 15, 2019**





**EDUCATION**  
& EARLY DEVELOPMENT



**NUTRITION PROGRAMS**

## Local School Wellness Policy Implementation Review

GCSD Wellness Policy Implementation Review MAY 15, 2019

**Child Nutrition Programs**  
National School Lunch Program  
Teaching and Learning Support  
801 W. 10<sup>th</sup> Street, Suite 200  
P.O. Box 110500  
Juneau, Alaska 99811-0500  
Phone: (907) 465-8719

<b>District/RCCI Sponsor:</b>	GCSD Wellness Policy Implementation Review MAY 15, 2019
<b>Stakeholder Participation:</b>	<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>
<b>Goal in current wellness policy:</b>	Existing advisory group/PAC to be used for reviewing and implementing Wellness Plan
<b>Implementation Progress:</b>	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 Ask to table at teacher in-service
<b>Next Steps:</b>	Present to PAC twice a year. Gather PAC recommendations Table Wellness Plan at in-service. Involve both kitchens
<b>LWP goals for Nutrition Education:</b>	<i>LEAs are required to include goals for Nutrition Education</i>
<b>Goal in current wellness policy:</b>	Retain as is: Classroom/cafeteria-based nutrition education
<b>Implementation Progress:</b>	Retain as is: Certified teachers instructing Health and Fitness classes. Add 30 health/nutrition facts for students to TV monitor
<b>Next Steps:</b>	Continued education, including elementary and high school PE teacher including elementary PE teacher; Use the GILA traditional foods club; Community baking/cooking club in the SHS Home Econ. Room; Use the Jobs Skill group [cooking] as well. Approach the media class to do video slots for the monitor TV. Post Calorie count posters.
<b>LWP goals for Nutrition Promotion:</b>	<i>LEAs are required to include goals for Nutrition Promotion</i>
<b>Goal in current wellness policy:</b>	Retain as is: Both cafeteria produce menus with greater nutritional options- Huge success
<b>Implementation Progress:</b>	Fruit and salad bars widely used in addition to set NSLP menu; traditional foods offered at GILA and SHS. 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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	Encourage good eating options. May have future budget constraints but encourage the reduction of waste but offering food that is eaten.
<b>Next Steps:</b>	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
<b>LWP goals for Marketing foods and beverages requirements</b>	LEAs should be marketing only foods and beverages that meet the Smart Snack requirements
<b>Goal in Current wellness policy:</b>	Retain as is: No vending machines operating during the academic day
<b>Implementation Progress:</b>	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.
<b>Next Steps:</b>	Annually apply for fundraiser waiver- retain as is but change wording in Wellness Plan.
<b>LWP goals for Physical Activity: LEAs are required to include goals for Physical Activity</b>	
<b>Goal in current wellness policy:</b>	Appropriate physical exercises per grade level.
<b>Implementation Progress:</b>	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. Afterschool in the public library now includes gym time. More exercise.
<b>Next Steps:</b>	Review elementary staffing availability to meet PE requirements for those grades: Elementary PE teacher for FY 20; Dedicated PE/lifetime fitness teacher for high school; athletic training; Also have extra mural activities including elem. Skiing; swimming, little Hawks Basketball and wrestling; in addition to formal in-school activities. Afterhours gym time at GILA in the evenings
<b>LWP goals for School-Based Wellness: LEAs are required to include goals for School-Based Wellness.</b>	
<b>Goal in current wellness policy:</b>	Retain as is
<b>Implementation Progress:</b>	Vehicle to make recommendations to kitchen staff about wellness; Encourage teachers to have mid class breaks to let students “stretch legs” and move around
<b>Next Steps:</b>	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>Include PSA on video board; posters; explore a health week; encourage involvement of the PAC committees;</p>
<p><b>LWP goals for Public Notification:</b> 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><b>Goal in current wellness policy:</b></p>	<p>Retain as is: Disseminate the Wellness Plan to stakeholders</p>
<p><b>Implementation Progress:</b></p>	<p>Wellness Plan posted on the school website          Presented to the SHS PAC          Presented to the Wellness Committee meeting held in May 2019          Most recent version of Wellness Plan is posted on the district website</p>
<p><b>Next Steps:</b></p>	<p>Include articles in the Hawkhighlights newspaper          Post this evaluation on the school website          Include the KIU Sunday night Margie Atla Athabaskan Hour          Printout articles and post around – including in bathrooms</p>
<p><b>Measuring Implementation:</b> 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><b>Goal in current wellness policy:</b></p>	<p>Wellness Plan Advisory Group develops, implements, monitors and reviews the Wellness Plan goals</p>
<p><b>Implementation Progress:</b></p>	<p>GILA and SHS principals in process of selecting PAC and students reps for Wellness Plan Advisory Group: Invite the students Board reps.</p>
<p><b>Next Steps:</b></p>	<p>Students and PAC parents invited and were present at the Wellness Plan Advisory Group meeting in May 2019</p>
<p><b>Local Designation:</b> LEAs are required to designate one or more LEA official or school official to ensure that each school complies with the LWP</p>	
<p><b>Goal in current wellness policy:</b></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><b>Implementation Progress:</b></p>	<p>GILA and SHS Principals are responsible; with District Office official as coordinator</p>
<p><b>Next Steps:</b></p>	<p>Superintendent's office or designee monitors Wellness Plan implementation</p>
<p><b>Other Goals:</b> If applicable, please describe other goals specific to your district's wellness policy that exceed the federal requirements.</p>	



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<b>Goal in current wellness policy:</b>	New goal: Open good lines of communication
<b>Implementation Progress:</b>	None other than feedback at the May meetings.
<b>Next Steps:</b>	Put out prompts [surveys to students] Encourage "health club" Publicize Wellness