

Wellness Policy Review Meeting
October 30, 2017

1. Welcome, introductions and sign-in sheet - A hearty welcome was provided to all those who participated in the review of the ESC's wellness policy
2. Review purpose of the "Wellness Policy Review Meeting" The purpose of the "Wellness Policy Review" was discussed as a requirement of federal law.
3. Review of the "Healthy, Hunger-Free Kids Act of 2010" - this is the act driving the policies we have in place. The "Final Rule" from the HHFKA 2010 was reviewed. This is the guidance document against which we measure the ESC's compliance with wellness guidelines.
4. Monitoring Process:
 - a. Review Policies: 8510, 8500, and 8531 The "Wellness Policy" 8510 and related policies were reviewed in comparison with the requirements in HHFKA 2010.
 - b. How do we make our policies available to the public? We will make the policies available by putting on the scrolling portion of our ESC Website Homepage a reference to the specific policies that speak to the wellness requirements. We will also post the minutes of the Wellness Review Committee on the website as well.
 - c. How did we make our review process available and open to public participation? Parents were invited via email to attend the wellness policy review meeting along with invitations that went to the staff of the Mac-A-Cheek Learning Center.
 - d. Assessing our policies: Each policy 8510, 8500 and 8531 was reviewed in comparison to the HHFKA 2010 Final Rule.
 - e. Goals for wellness policy improvement: The Goal from the 2014 review was to get baseline BMI data on each student in the Fall of 2014 and compare it with BMI data collected in the Spring of 2015 to determine if healthy food choices while at school made a positive difference in students' collective BMI. This goal was not accomplished as the data was not collected. It was also felt by the review committee that the BMI was an invalid measure for the clientele being served at Mac-A-Cheek Learning Center.
 - Goal #1 Develop and initiate a pre and post wellness survey for both students and parents/guardians seeking the following information:
 1. Understanding of nutrition?
 2. Do you like the food being served @ MLC?
 3. How much of their food is thrown away?
 4. How much daily exercise do you get?
 5. What activities do you participate in outside of school?
 6. What could MCL do to encourage healthy choices?
 - Goal #2 Is to develop a wellness improvement plan based on the data collected in the pre and post wellness surveys.

- Michelle Yocom will work with Principal Mary Mitchell to produce, distribute, collect and analyze the data from the pre and post wellness survey.
 - f. How will we make this assessment available to the public? The minutes from the Wellness Review Committee will be posted on the district website and other social media platforms utilized by the ESC. (Facebook and Twitter)
 - g. Next review meeting: October 2020
- 5. Questions or suggested revisions? There were no questions or revisions suggested for the Wellness Policy nor any of the related policies.