

Eaton Community Schools
Wellness Committee
Annual Review and Recommendations

The wellness committee convened on January 17, 2017 at 3:30p.m. to complete the annual review of the district policy on Wellness (8510).

Discussion was held regarding each area of the policy: nutrition education, physical education, physical activity and objectives for enhancing student health and well-being.

As a result of this review the committee recommends two language changes in the Board Policy 8510.

- a. Remove reference to the Food Pyramid Guide as this is obsolete and no longer used. Replace with "USDA Nutrition Guidelines and Smart Snack standards". (Section A, Number 4)
- b. Change the minimum daily recess period from 20 minutes to 15 minutes in duration. (Section B, Number 2, c)

In addition, the committee made these suggestions to enhance and improve implementation of the policy in the following areas:

- a. Work to increase our relationship with the YMCA with shared opportunities.
- b. Develop and/or purchase additional educational posters to be displayed in and around our cafeterias using resources available on the ODE and USDA websites.
- c. Investigate what technology educational tools/apps would be appropriate to share with students: "Is my snack healthy?"
- d. Review at buildings what fundraisers are used and if they are aligned with healthy eating guidelines.
- e. Investigate collaboration with Vocational programs and service learning volunteers for The Bistro at Eagles Point.

Submitted: Cindy Neanen
January 26, 2017