

Wellness Policy Committee Meeting

Tuesday, April 18 – 2:45 pm

Virtually over Zoom

1. Welcome and introductions – Sebastian Varas

Members Present	Position	Subcommittee Assignment
Sebastian Varas	Nutrition Service Director	Nutrition
Emily Jenkins	Nutrition Services Dietitian	Nutrition
Susan Edwards	Public Engagement Coordinator	Public Involvement
Heather Isbell	PTA Health Coordinator	Public Involvement
Brooke Harris	Physical Education Teacher	Physical Education
Kirsten Stewart	Communications Director	Public Involvement
Shauna Flash	Canyons Living Chair, HR	Public Involvement
Jeff Christensen	Legal Counsel	Policy Adjustment
Halley Nelson	Secondary Principal	Policy Adjustment
Everett Perry	HR Administrator	Public Involvement
Mark Martin	Parent	Policy Adjustment
Holly Bishop	Community Member	Policy Adjustment
Nuria Lascorz	Student - AHS	Public Involvement
Cameryn Coffey	Student - JHS	Public Involvement
Bella Goates	Student - HHS	Public Involvement

2. Review of previous meeting minutes – Emily Jenkins

3. Reports and updates from various subcommittees

- a. Policy adjustment
 - i. Nothing new at this time.
- b. School Nurses
 - i. Nothing new at this time.
- c. Nutrition
 - i. Nutrition Services is getting back into nutrition education promotions. Today they had a LEGO promotion focusing on “Building a Healthy Body with School Meals”.
- d. Physical Education
 - i. Nothing new at this time.
- e. Public Involvement
 - i. They have had some great successes on the Canyons Living Wellness, including the recent fun run fundraiser, as well as the summer activities and allowing employees to utilize the middle school gyms before and after school.

4. Triennial Assessment of the Wellness Policy

- a. It is time for the assessment of the wellness policy to make sure we are meeting all of the requirements.
 1. Shauna will send the evaluation tool to all Canyons Living Leaders
 2. The assessment needs to be completed by the end of the school year.

5. Subcommittee Assignments

- a. Subcommittee assignments for present members were discussed and chosen, as designated in the table above.

6. Discussion Items

- a. The committee needs a new School Board member assignment
 - i. Susan will find the member assigned to this committee.
- b. Suggestions for non-food or non-sweet rewards in the schools and classrooms
 - i. Principal Margaret Swanicke at Midvalley is beginning an initiative this year to reduce the amount of food rewards at her school
 1. We will ask Principal Swanicke for her perspective and advice and look to highlight her efforts on Canyons podcast, social media, etc.
 - ii. It is worth surveying the principals to get their perspectives and ask who else is doing initiatives to promote non-food items
 1. Mark will coordinate with Kirsten to create a survey
 2. Sebastian will attend a meeting with administrators to gain their perspectives and feedback
 - iii. Students discussed their experience at high schools. They mentioned school stores and vending machines as places that are easily accessible for sugary snacks at school.
 - iv. Students with allergies or other special dietary needs are being left out, so it is important to evaluate what students value other than food as a reward and assess viability.

7. Next meeting: Fall 2023