

MVRHS Wellness Committee Meeting

Date: 2/12/25

Time: 1:30pm

Location: Culinary Arts Dining Room, MVRHS

Attendees:

- Nell Coogan: Wellness Program Coordinator, 9th Grade Academic Advisor, Administrator, Parent
- Kevin Crowell: Food Service Director, Culinary Arts Instructor, Parent
- Suzanna Crowell: Food Service ASP, Parent
- Jack O'Malley: CTE Director, Administrator, Culinary Arts Instructor
- Ryan Kent: Physical Education Instructor
- Ena Thulin: Social Studies Department Chair, Parent
- Corrine Kurtz: History Instructor
- TJ Reap: Physical Education Instructor, Health Instructor
- Marc Brasefield: Cafeteria Head Cook, Parent
- Melinda McCarron: Health Assisting Instructor

Absent:

- Amy Lilavois: MVRHS Adjustment Counselor
- Mike Savoy: School Nurse

Call to Order:

The meeting was called to order at 1:35pm.

Review of current Wellness Policy creation and purpose:

Wellness Policy was written in 2021. Distinctions were made between the 'Wellness Committee' and the 'Health and Wellness Program' for MVRHS, which has a broader definition and includes mental health. Current difficulties of implementing the school garden were discussed.

Agenda Items:

- **Review of Wellness Policy**
 - Wellness Policy was read individually and briefly discussed.
 - It was agreed to defer feedback and suggestions for improvement until after the Wellsat Policy Tool was completed.
- **Completion of Wellsat Policy Assessment**
 - Wellsat Policy Tool was completed cooperatively by all present members.

- **Feedback and Suggestions**

- Areas of Wellness Policy improvement were identified using the Wellsat Policy Tool.
- It was agreed that the Wellness Policy will be edited using the Healthier Generation 'Ten Essential Components of Local School Wellness Policy Checklist' and the Wellsat Policy Tool.
- Items that were scored 'Vague' will be re-written in more specific terms or referencing USDA requirements. Links to the USDA website will be provided where appropriate.
- 'Not Mentioned' items will be added to the Wellness Policy
 - Food and beverages served at class parties & infrequent school sponsored fundraisers
 - Time per week of physical education instruction, and before/after school activities available
 - Physical education exemption and substitution requirements for students
 - Active transport for students within walkable/bikeable distance
 - Using physical activity or withholding physical activity as a reward or punishment
 - Encouraging staff to model healthy eating and physical activity behaviors
 - Family and community engagement opportunities
- Other Suggested Edits
 - Mentions of vending will be deleted, as vending machines have been removed
 - Mention of school garden will be deleted until the garden can be replanted and maintained

- **Adjournment:**

The meeting was adjourned at 2:45pm.

- **Action Items:**

- Wellness Policy Meeting minutes will be distributed to Wellness Committee members.
- Wellness Policy Meeting minutes will be made available to the public.
- Wellness Policy will be edited and shared with the School Committee for approval.
- Revised Wellness Policy will be made available to the public.

- **Minutes submitted by:**

Suzanna Crowell, 2/13/25