

Wellness Policy Advisory Group  
Agenda 5.5.2016

The Bellingham Promise

*We, as a community, make a collective commitment to Bellingham's children.*

*We collectively commit that our students are cared for and respected.*

*We believe the whole child is important*

*We develop students and graduates who are healthy, active individuals*

Meeting norms:

1. We listen with respect
2. We speak with care
3. We presume positive intentions

3-3:15	<p><b>Welcome &amp; Introduction to Nutrition Topic</b> <u>Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010; Summary of Proposed Rule:</u></p> <p>At a minimum, policies would be required to include:</p> <p><b>Nutrition guidelines for all foods and beverages</b> available or for sale on the school campus during the school day that are consistent with Federal regulations for:</p> <ul style="list-style-type: none"><li>• School meal nutrition standards, and the</li><li>• <i>Smart Snacks in School</i> nutrition standards.</li></ul> <p><b>Policies for other foods and beverages</b> available on the school campus during the school day (e.g in classroom parties, classroom snacks brought by parents, or other foods given as incentives)</p> <p><b>Policies for Food and Beverage Marketing</b> that allow marketing and advertising of only those foods and beverages that meet the <i>Smart Snacks in School</i> nutrition standards.</p>
3:20-4:30	<p><b>Nutrition Topic: Activity</b></p> <ol style="list-style-type: none"><li>1. Common elements exercise: small groups read through one of five sections<ol style="list-style-type: none"><li>a. Discuss: what is valuable, what is not relevant for Bellingham, what is missing. Note any interesting illustrations or examples from your expertise of each element in action</li></ol></li><li>2. Summary: first group returns to their first section. Explain what the comments are. Estimate how far from a working draft we may be.</li></ol>

4:30-4:50	<p><b>Wellness Policy Draft Revision: Physical Activity Section</b></p> <p>1-3-6 exercise</p> <ol style="list-style-type: none"> <li>1. Each advisory group member reads the draft of the PA policy section &amp; makes revisions (5 min)</li> <li>2. Members form 6 groups of 3 members and share revisions, consolidating to make one draft per group (5 min)</li> <li>3. Each group combines with another to make a group of 6 people with two drafts; revise to present one complete draft. (5 min)</li> <li>4. Share the three final drafts as a large group (5 min)</li> </ol>
4:45	<p><b>Next Steps &amp; Adjourn</b></p> <p>May 19, 3-5 pm</p> <p>Nutrition Education topic</p> <p><i>Review physical education, physical activity, nutrition drafts and come with your suggestions.</i></p>