

Wellness Policy Advisory Group

April 13, 2016

**Welcome and Introductions:**

Jessica Sankey introduced Superintendent Dr. Greg Baker.

Task of group: to develop a Wellness Policy for our school district.

Wellness Policy will be rooted in the Bellingham Promise: The Promise commits to developing “healthy and active individuals”. We get to define “Healthy and Active”; we believe in a well-rounded education, healthy students, and a broad understanding of wellness. This work connects with many current initiatives; for example, bond dollars are dedicated for building a centralized kitchen to be able to create healthier meals. Our work is not just to write a policy, but to influence our action as we move forward and implement health and wellness initiatives.

Make sure your voice is heard; please be willing to also take a step back and listen to the others in the room.

**Norms reviewed.**

**Introductions:** Members identified one issue or concern and shared it to the group.

**Wellness Policy overview:** requirements from the USDA Healthy, Hunger-Free Kids Act of 2010 and the Revised Rule of 2015.

Common elements in all wellness policies:

1. Nutrition
2. Nutrition education
3. Physical activity
4. Physical education

Our process will be to devote one meeting to each topic.

Next year, we will create a procedure to review, assess progress, and implement the policy.

**Physical education topic:** Jessica offered a strawman draft; members broke into small groups and reviewed parts of the policy. Key questions to apply to the draft: What elements stay? Which are not appropriate & should go? What is missing? Where are the tension points?

**Adjourn.** Next meeting 4.21.2016