

Pendleton School District  
Wellness Committee  
December 4, 2018 @ 3:30 PM

Committee Members

Michelle Jones, Director of Business Services (Parent)  
Suzanne Howard, Sodexo Food Service Manager  
Dave Williams, Principal (Parent)  
Dale Freeman, Board Member  
Lorena Woods, Principal  
Donna Bostwick, Teacher (Parent)

- **Welcome**  
Michelle Jones welcomed committee members and thanked them for their volunteer participation on the committee. It was shared that all schools that participate in the National School Lunch Program must have a wellness policy and there must be a process and committee that reviews that policy annually per the Healthy Hunger Free Act of 2010.
- **Policy & Administrative Rule Review**  
The committee reviewed PSD Policy EFA and the accompanying administrative rule. It was determined that the building principals in partnership with their physical education teachers would be designated as the school wellness coordinators. The annual notification and triennial progress assessments were reviewed as well. Michelle shared with the committee the results of the district's Adolescent and School Health Index assessment. PSD received high scores in the areas of safety, health education, physical education, nutrition and social emotional support. Areas of improvement were employee health and wellness and community involvement.
- **Nutritional Promotion and Education**  
Suzanne Howard shared information around the Oregon Smart Snack standards, nutrition promotion and the district menus. Suzanne shared that she meets with students several times a year to discuss the menu options and food quality. PSD also has several programs such as Farm to School and Future Chefs Challenge that help promote nutritional education. Suzanne shared the district's policy and process for competitive foods and beverages, celebrations and fund raising.
- **Physical Activity and Education**  
Michelle shared the number of PE minutes and/or requirements across the district as well as what curriculums are used at each level. PSD meets the State requirements for physical education at all levels. Beyond the required physical education the district also has recess at the elementary, annual track meets for third, fourth and fifth grades, and extracurricular sports for grades 6-12. The district also works with the city and other

youth organizations to help promote additional youth activities such as volleyball, dance, basketball and baseball/softball.

- **Staff Wellness and Health Promotion**

The district's celebrations committee does monthly activities to promote the physical and mental wellness of employees. There are also activities that are organized at the building level.

- **Meeting Dates**

- November 28, 2018 – Meeting was cancelled
- December 4, 2018
- February 19, 2019
- April 11, 2019