

Pendleton School District
Wellness Committee
November 8, 2023 @ 3:45

Committee Members

Michelle Jones, Director of Business Services
Suzanne Howard, Sodexo Food Service Manager
Beth Harrison, Board Member & Parent
Jackie Brown, Teacher
Sara Millman, 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.
- **Policy & Administrative Rule Review**
The committee reviewed PSD Policy EFA – Local Wellness. It was shared that the building principals in partnership with their physical education teachers are designated as the school wellness coordinators. The annual notification and triennial progress assessments were reviewed as well.
- **Nutritional Promotion and Education**
Michelle provided information around the District's Community Eligibility Provision and the Breakfast after the Bell requirement and how those are funded/required due to the passage of the School Success Act – Fueling Students for Success. 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. During the 2022-2023 school year, the district received a State Staff Retention and Recruitment grant that allowed the district to provide monthly staff recognition events at each school to promote/improve staff morale. Each year the district sends a few of the district PE teachers to the annual SHAPE (Oregon Society of Health and Physical Educators) conference which promotes healthy, active lifestyles for all Oregon school-age children and youth through professional development opportunities and advocacy.