

# Superintendent Advisory Council Meeting

November 14, 2022 / 3:00 PM / Food Science Room

## Attendees

Nikki Springer, Samantha Borgstedt, Micki Dillard, Megan Stack, Lynsey Pardue, Leandro Gonzales, Lana Wagner

## Agenda

### New Business

1. Discuss and create a Wellness Plan with updated goals.
  - Goal 1 - The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
  - GOAL 2: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
  - GOAL 3: The District shall encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.
  - GOAL 4: The district shall promote employee wellness activities and involvement at suitable district and campus activities.
2. Vote to approve Wellness Plan
  - Motion to approve Wellness Plan by Samantha Borgstedt.
  - Second by Megan Stack
  - For: 7 Against: 0
3. Completed Wellness Policy Assessment Tool
4. Recommendations to Administration:
  - Encourage elementary teachers to avoid revoking recess as a punishment.
  - Allow high school students to have free time at the end of their lunch period. This time could be spent in the shelter gym or outside. The SAC believes that allowing the students to socialize with their peers is beneficial for them.

### Future Plans

1. Farm to Table experience at Flying Y Farms in the spring.
2. Nutrition Lessons in the classrooms presented by school nurse and/or guest speakers.