

# Wellness Committee Meeting Minutes

**March 19, 2025**

2:00 - 2:05 **Welcome**

Kokeeta Wilder - School Nutrition Director

- Ms. Wilder called the meeting to order and welcomed attendees. She acknowledged the vital role schools play in helping students shape lifelong healthy habits and that our Wellness Policy plays a key part in creating a healthy school environment.

2:05 - 2:20 **Recess in our Schools - Update on Changes in the Law**

Heidi Pfannenstiel - Executive Director of Elementary Education

- Some of the immediate and long-term benefits of recess and unstructured breaks were discussed.
- The Georgia state policy now mandates daily recess for all K-5 students, with exceptions permitted under specific circumstances. The policy grants local boards the authority to establish guidelines regarding the scheduling, timing, and conditions for unstructured break time.
- Additionally, breaks may be withheld from students for disciplinary or academic reasons, provided students receive prior notice. This should not, however, become a pattern. Heidi also commented that this is not the first course of action as recess is important; however, it is an option.
- Efforts will be made to align our district's Wellness Policy with the current board policy and law.

2:20 - 2:35 **Smart Snacks - Ice Cream Fundraisers in Schools**

James Marino - Atlanta Area Sales Manager - Hershey Creamery Co.  
Chuck Shaw - Atlanta Area Account Manager - Hershey Creamery Co.

- Hershey's Ice Cream is sold in over 15,000 schools across the United States. Their goal is to provide the best quality products using the fewest number of artificial ingredients.
- Hershey's Ice Cream has the largest selection of Smart Snack Approved ice cream items in the country.

- The items being offered to our students are low in calories, fat, and sugar. Hershey’s Ice Cream endeavors to offer products with the fewest number of artificial flavors and colors as possible.
- A chart was provided to allow parents to select their child's preferred treat, including dairy-free and gluten-free options. The chart also identifies frozen snacks where fruit is the primary ingredient rather than dairy products.

**2:35 - 2:50 Smart Snacks - Vending Machine Beverages in Schools**

Don Osborne, Coca-Cola Bottling Co.  
Chris Milewski, Coca-Cola Bottling Co.

- A representative from Coca-Cola presented on the company's commitment to providing schools with beverage options that meet nutritional guidelines while maintaining variety for students.
- He emphasized that since 2014, Coca-Cola has adhered to USDA regulations regarding beverages sold or served in schools.
- A chart was provided outlining the types of beverages available at elementary, middle, and high school levels, demonstrating compliance with USDA guidelines.
- The representative highlighted the importance of offering age-appropriate product choices to meet both USDA requirements and student preferences.

**Beverage Sales Guidelines by Grade Level for Students**

<b>Elementary School</b>	<b>Middle School</b>	<b>High School</b>
8 oz. or less 100% Juice	10 oz or less 100% Juice	10 oz. or less 100% Juice
8 oz. Low Fat Milk	12 oz. or less Low Fat Milk	12 oz. or less Low Fat Milk
Water (no limit)	Water (no limit)	Water (no limit)
		Low-Calorie Products (Less than 5 calories per 8 fluid ounces)
		Flavored Water (Less than 5 calories per 8 fluid ounces)

2:50 - 3:00 **Wellness Survey Goals and Initiatives**

Kokeeta Wilder, School Nutrition Director

Discussed prior year goals:

- Encourage water consumption for staff and students
- Encourage extracurricular physical activities for students
- Limit sugary snacks offered to the students in the classroom as rewards
- Provided feedback on how schools did last year.

New goals for the SY 2025 - 2026 voted by committee members include:

- Encourage employee safety and wellness by hosting trainings such as CPR
- Encourage staff fitness and wellness initiatives such as discounted gym memberships
- Advertise the benefits of water consumption with students and staff