

December 17, 2018

Location: Mid Valley Cafeteria

Time: 2:45 PM

Agenda Items

1. **New members in the audience.**
 - a. Students
 - b. Adults
2. **Review over agenda from the last meeting.**
3. **Look at article discussing the new changes for school lunches by the USDA.**
 - a. This week, the United States Department of Agriculture [announced its final plans](#) to lower nutrition standards for grains, flavored milks and sodium in school cafeterias that were part of the [Healthy, Hunger-Free Kids Act of 2010](#) and that Michelle Obama, the former first lady, had advocated.
 - b. <https://www.nytimes.com/2018/12/08/us/trump-school-lunch-usda.html?smid=nytcore-ios-share>
4. **Discuss programs healthy programs available for our students.**
 - a. 3rd grade free swim
 - b. 7th grade free YMCA memberships
 - c. Outdoor Adventure Club (OAC)
5. **Mid Valley School District students and staff took part in the Gobbler Gallop.**
 - a. November Photos attached
 - b. Money raised went to the senior class
6. **Meeting with Connect Care took place in November.**
 - a. Look at different programs to provide for the staff to ensure healthy choices are being provided.
7. **Update on programs for educating the students.**
 - a. Feedback from Mr. Lopez on the elementary center
 - b. Feedback from Mr. Kovalski on the secondary center
8. **Posting on Wellness Policy on faculty rooms and lunch rooms**
 - a. Purpose: survey from staff asked to have the information posted in the lunch room and cafeteria areas so students and staff are aware of the policy.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy