Healthy Schools Working Group Meeting

Date: November 17, 2016
Where: Don Chisholm - 1st floor Conference Room

Attendee Name | Place of Business | Email
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Connie Farakhon | KCMO Health Dept | [Connie.farakhon@kcmo.org](mailto:Connie.farakhon@kcmo.org)
Emily DeWit | CMH | [eldewit@cmh.edu](mailto:eldewit@cmh.edu)
Jennifer Oakley | CMH | [jroakley@cmh.edu](mailto:jroakley@cmh.edu)
Robyn Stuewe | Midwest Dairy Council | 
Josh Mathiasmeier | KCKPS, Nutrition | 
Kyle Palmer | LPS, Principal | 
Chris Gabriel | LPS, Principal | 
Lauren Grimes | KCMO Schools | 
Kate Lesnar | L-CHAT | 
Leslie Wilson | KC Healthy Kids | 
Stephanie Dickson | KCKPS | 
Kristen Hankins | CMH, STAR POWER | 

Notes
- **Josh, KCKPS Nutrition**
  - Participated in School Wellness Policies Workshop (KCMO HD & CMH sponsored)
  - 3 participating school districts: Grandview, Liberty & KCKPS
  - Benefits: re-engaging wellness, best practices, frameworks, expertise and identifying barriers, gaps & challenges to implementing school wellness policies.

- **Robyn, Midwest Dairy Council, Farm to School Resources**
  - Dairy month (June)
  - Milk harvesting and farm tours
    - No cost to visit
    - Request via website
- Chris & Kyle, LPS
  - Biggest barrier: Impact of b-day treats brought to school
    - Food allergies, uncontrolled food production
    - Favorite food for b-day parties were cupcakes, Wal-Mart bakery, approx. 4 inches of frosting, snack not a healthy choice
      - Could have 3-4 b-days per week
      - Consuming 3-4 cupcakes per week
      - Too many students in the hallways delivering treats to staff and other friends (reducing time in the classroom)
    - Changing the ways to celebrate
      - Fun novelty items (pens, b-day books, erasers, etc.)
      - Announcing over the system
    - Team collaboration to make a decision
      - Sent communications to parents in several different ways (text, phone, e-mail, USPS mail, etc.)
      - PTA involvement (most engaged parents)
      - Very little pushback
      - Buy in from parents strong: had established trust in principal prior to implementation (both served 6+ years in their building)
      - Multiple communications about new policy were sent to parents. Communications were written in a way that highlighted the positive benefits of choosing non-food alternatives to celebrating birthdays.