



Dysart Schools

Wellness Committee Meeting

January 28, 2025



Agenda

- Wellness assessment improvement ideas
- Additives and dyes in foods
- Wellness committee engagement for SY 26
- Recess before vs. after lunch
- Smarter Lunchroom initiative



Wellness Assessment Improvement Ideas

Current Assessment

- Where are we currently effective
- Gaps or areas of improvement
- Ways to get others on board



Additives/Dyes in Foods



- Concerns
- Healthy alternatives
- Restrictions
- Policy considerations



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Wellness Committee Engagement

- We need representatives from the entire school community to help us assess and potentially strengthen our wellness policy and build a culture of wellness.
- Encourage others to be part of the team
- Tentative Schedule
 - Meet 2 times/ school year (fall & spring)
 - 1 hour meeting 4:00pm start time



Recess Standards

- **Why it matters?**
 - Research shows that students who have recess before lunch are more likely to eat healthier and waste less food
 - Hungrier students
- **Benefits**
 - Improved appetite, better behavior, reduced food waste
- **Possible Implementation**
 - Select one to pilot it
 - Gather feedback from ,principal, teachers, students



Smarter Lunchroom Initiative

- Overview of movement
- Key Strategies
 - Appealing food presentation
 - Make healthy foods visually appealing
 - Student choice
 - Position healthier options at the front of the line
 - Peer modeling
 - Encourage students to make healthier decisions to model behavior to friends/peers
- Expected outcome

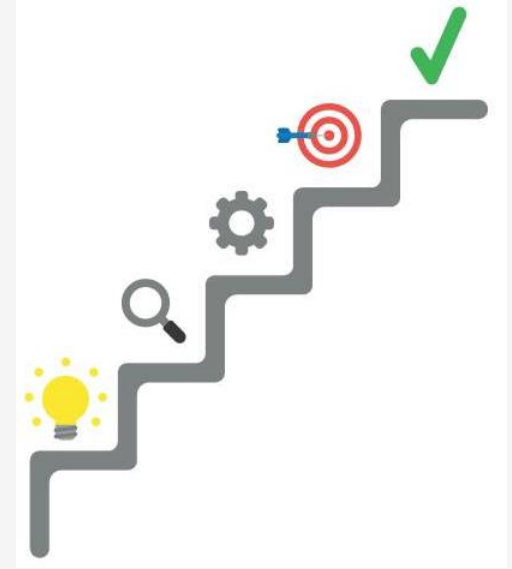


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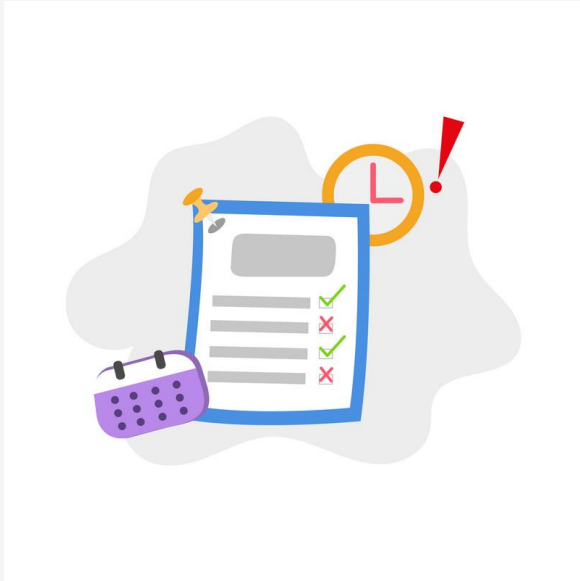


Next Steps

- Finalize wellness improvements
- Plan and schedule next wellness meetings
- Promote committee participation to families and staff
- Work on pilot school for recess
- Q/A



Next Meeting Agenda



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