

Atkinson PTA Meeting Minutes March 16, 2010

Sanquinetta Higgins, Secretary

Meeting called to order at 6:36 PM by Karla Zirbes. Introductions, agenda circulated and welcome. Chris has asked to be moved to end of tonight's agenda.

Financial Update from Laura Mason

The auction raised approximately \$31,000. Expenses not calculated yet (9,000+), last year 22,000 was raised. FYI: Burgerville raised \$400.

Fundraising/Volunteer from Angie Mason

Burgerville manager said the fundraiser for Atkinson was the best night ever. Way to go Atkinson!!! There will be another Burgerville fundraiser April 7th. Events: Run For The Arts is Thursday. Spring Break starts next week. Volunteers are covered for Run For The Arts.

OLG Update

Denise is on vacation.

Executive Committee Update from Karla Zirbes

The nominating committee will include Jim Layton and Rachel Belcher plus hopefully one more. There is at least one opening on executive committee. Information will be sent out by Karla to them about how everything comes out.

Cynthia Gilliam, HR at district, is still gathering last of parents for Principal committee. Karla will try to post selections on bulletin board Friday if recv from her. Training would be end of March early April. Still looking at internal hires. It is possible there will not be a selection/review committee and just a direct placement. There is a link to survey and meeting minutes on Atkinson PPS website. Possible contact with Buckman PTA about principal hiring process and parent involvement in the hiring process.

Gift Wrap Fundraiser Alternative from Julie Montagne

The company we had been doing business with has been moved to the Midwest and it isn't the same company as before. Hard to work with, lower quality products. Sales used to raise 12,000 now down to 5,000 net, but still significant. Local giftwrap alternative or "100 mile gifts"? Julie owns a warehouse and could find local items (possible catalog?). Sallie Mae is available. Plant fundraisers, Sees candies fundraisers. Bonita packaging is in Beaverton. Julie needs help to find/possible committee or committees to make this happen. Julie could become the distributor, but then would not be the school contact. There would need to be a school volunteer to run the program and she would need that commitment in place before she commits to be the distributor. This brings in a chunk of money and we should probably continue. *Action - find new gift wrap person.

Nutrition In Classrooms from Molly Haynes

Molly was on the original PPS wellness committee. This district policy was adopted in 2006; however there aren't any resources to implement or enforce at school level. See attached highlight sheet. Good policy but no consequences or implementation plan du to lack of resources. Each school needs a Wellness Council. Atkinson does not have this currently, but had something previously. Most principals did not know this even existed. Physical education is mandated at 150 minutes from K-5th grade and 225 minutes from 6th to 8th grade. Giving

appropriate messages to parents and teachers. Having a balance - not taking everything away. Recess before lunch, which some teachers are already doing. Use of food as reward happens in the classroom but it is actually prohibited in the district wellness policy. Taking away recess as a punishment is not acceptable. At parties there should be a healthy alternative offered. The policy at district and state level could be addressed in the Wellness Committee. One parent spoke up that she was not in agreement with some of these ideas and that there should be a balance of thoughts on the Committee. Molly pointed out that these are not options to be discussed; there was time for public input during the district planning and that these were adopted in 2006 and are in place. Eat, Think, Grow advocates gardens for schools. There is a page on the PPS website & more resources also at CDC - school health index. See where your school is at. <http://eatthinkgrow.pps.k12.or.us/.docs/pg/10078>

Chris G. agreed to set up this committee. He will put a note in the FYI asking for people, then form the committee. The first task for the committee will to do the CDC survey to gauge current status.

Safe routes to school meeting is March 31st on Wednesday at 8:45 AM. Meet in front hallway of school. Promoting walk & bike challenge month in May. Check FYI after Spring Break for info about participating in school wellness committee. Possible health curricula purchased by PTA?

Vote for Funding Proposal for additional PE Equipment - Karla Zirbes

Requesting \$628 for additional PE equipment on behalf of teachers. This **passed**, Laura Mason motioned, Anne Mythruue & Sanquinetta Higgins seconded.

Principal's Update - Chris Gutierrez

Superintendent says budget passed and received allocation. ESL and Special Education not included yet. Will see where we are re: staff soon. High school redesign got passed. 45 day period where staff has to report back plan. We will have FT certified physical education teacher next year, district wide mandate. Wellness committee will be good. Scurrying time now, what will next year look like. However can't make decisions until information comes from district. Leadership team is helping look at allocations. Chris has to look at hire dates for teachers (seniority) via union contracts.

Additional Announcements

Rachel Belcher. RIF federal grant is lost. Generally Title 1 schools do not get it back. Additional funds from PTA. Possible book exchange? Last RIF day is in May. Possibly get local booksellers to help and support book exchange at Atkinson. Book drive for Atkinson kids.

Migrant school is excited about OLGSI. (Outdoor Learning Garden Summer Institute). Chris thinks it could happen.

Meeting adjourned at 8:00 PM.

Summary of Wellness Policy/Administrative Directive

The link between nutrition, physical education and academic achievement is strong. The Portland Public School District is committed to raising awareness and standards to improve the health of our student population and promote lifelong beneficial health habits.

Adoption of a Wellness Policy and Administrative Directive are required by the Federal Government as per Public Law 108-265, Section 204.

This is a summary of the key points of the Wellness Policy/Administrative Directive. It is geared toward principals and teachers and offers an abbreviated outline of the most important points within those documents.

1. **Nutrition education** should be part of the core curriculum, reinforced in all school subjects, activities and settings for the purpose of influencing current and future health behaviors.
- II. **Establishing an instructional garden is strongly encouraged** to provide students with experiences in planting, harvesting, preparing, serving and tasting foods. This should be integrated with nutrition education and core curriculum.
- III. **Increase physical activity** throughout the day through Physical Education classes, recess, movement and stretch breaks, after school activities, athletic programs and the integration of physical activity into the academic curriculum. Encourage reduction of sedentary time at school and at home. Offer opportunities to promote a physically active lifestyle for all students, staff, families and community members.

Physical Education

Minimum requirements are as follows:

Elementary School – 2 times per week for an entire school year

Middle School - the equivalent of daily Physical Education for one semester

High School - daily Physical Education for one year (in accordance with ODE requirements)

- IV. **The use of food or physical activity as reward or punishment is prohibited.**
- V. **Recess shall precede lunch** wherever possible.
- VI. **Water shall be allowed at student's desks whenever possible. Opportunities for mid-morning and mid-afternoon snack breaks are encouraged.**

VII. School Meals will meet or exceed Federal and State guidelines. Every effort will be made to offer a vegetarian option daily. Unlimited fresh fruit and fresh vegetables will be available daily with all lunches. Locally produced and/or grown products are preferred and will be offered whenever practical.

VIII. A la Carte Food Sales - All foods and beverages available on school campus during, and up to 30 minutes after the end of the school day, should to the extent possible, be nutrient dense, fresh, locally grown and locally produced. This includes vending machines, school stores, snack bars, concession stands, fundraisers and classroom snacks.

Beverage selections are limited to water, milk, soymilk and 100% juice.

Foods must meet these criteria:

- maximum 35% of its calories from fat
- maximum of 10% of its calories from saturated fat (excluding eggs, cheese and nuts packaged for individual sale)
- maximum of 35% sugar by weight (excluding fruits & vegetables)
- maximum 250 calories

*classroom parties and celebrations are considered a special event and are not subject to the above nutrition criteria. However, when minimally nutritious foods are being served, nutritious alternatives must also be provided. These events should not take place prior to the lunch period and should limit commercial influence.

IX. Schools shall seek to limit commercial influence and exposure to advertising as it relates to nutrition, wellness and physical activity.

X. Implementation of Administrative Directive

Each school Principal shall designate a committee, preferably consisting of teachers, school staff, students and parents, to work together on health and wellness activities at their school.

The Principal shall designate a person or the above mentioned committee to ensure the implementation of the Administrative Directive.

The Principal, their designee or the committee shall complete a baseline survey of the school's existing environment as it relates to nutrition, nutrition education, physical education and physical activity programs and practices by June 30, 2007. Follow up surveys are to be conducted annually.