

Furlow Charter School Wellness Committee

Agenda

September 6, 2023

4:00 PM

Cafe Furlow

In attendance were members, Jennifer Hilton, Stephanie Duff, Elisa Falco, & Crystal Lingefelt. Feedback given online from Becky Weiss.

Review of Wellness Committee Minutes from April 26, 2023 - Approved

Review of Goals

- **Discuss NEW Nutrition Promotion Goals.**
- “Try me Tuesday” and “Taste Test Thursday” initiative during lunch. Discussion of ideas and implementation during FFVP.
 - Discussion with Mrs Arnold about a Spanish or French lesson with each fruit and vegetable to add enrichment into the program.
 - Could it be offered as they go through the line? What about passing out right before each lunch ends?
- Discussion of Harvest of the Month, Toon in Tuesday and GaDOE resources. Feedback discussion and participation ideas. Discuss community contacts for learning opportunities.
 - Are the places we get the “Harvest of the Month from within driving distance? Example, Pumpkin Patch? Field trips, would the suppliers come in to perform grade level talks?
 - Toon in Tuesday...Could the link be emailed out each Tuesday? This could possibly be shown Wednesday mornings while students are arriving. Videos shown during lunch in Cafe Furlow.
- How can we do this better? FCS will work with the community to provide an avenue for reaching students before and after school through organized physical activities (e.g., intramurals, interscholastic sports, community-based programs, and other activities) throughout the school year.
 - I think in the past we had a Girls Can Run Club after school, the Rec center does sports for kids, what sports are they introduced to in PE? Could a survey be done to see what K-5 may be interested in?
 - Bike to School event at the end of September
 - Furlow Fast Feet Invitational - tent set up / pass out fruit & water
 - Offer Free physicals to athletes

- Water Bottle Fundraiser implementation. Goal is to have kids drink more water during the day. Send out PreOrder Form - \$5.00 each - Sale ends October 7th. Proceeds go to the Nutrition Department.
- **Discuss NEW Nutrition Education Goals. What can we do new or better?**
 - Health Studies (Coach Sapp) Teach the Wellness Policy & Nutrition Guidelines / Feedback on videos and reading materials
 - Mrs Head and Ms Cotton art classes - Harvest of the Month drawing contest - post on bulletin board - reward with Smart Snacks Ice Cream credits.
 - Learning area in Cafe Furlow with coloring sheets and nutrition books.
- Review and Update List of Smart Snack standards. Send to Advisors with updated snack items.
 - Discussion about Smart Snacks vending in the modular building with high school.
 - Coffee set up in the modular building for high school breakfast.
- Review and Update List of alternative ways to reward children. Send to Advisors with updated rewards.
- Schedule Student Advisory Board meeting. Discussion and feedback of Cafe Furlow meals.
 - Will this be during the day? What grade levels?
 - Service Learners Survey from 2022 - do again for 2023.
- Display new bulletin boards or posters 4 times a year. Ideas?
 - What about letting grade bands choose or help? New designs?
- Discuss how we can actively implement this goal. FCS will utilize school gardens to ensure students can experience planting, harvesting, preparing, serving, and tasting self-grown food that reflects the ethnic and cultural diversity of the student population.
 - This one is hard with the extended day and heat. Will the school be purchasing the plants/seeds? Wellness Committee buys plants and seeds.
 - K/1 flower beds - reuse - Mrs Patterson?
 - Mrs Reynolds and Thomas Sumner gardens with the Self Contained Special Education classes. Sample (in Cafe Furlow) what is grown.