

September 27, 2018

Minutes- Wellness Committee

Welcome and Introductions

- In attendance: attendees are listed in the sign in sheet.

Virginia welcomes present members and reviews minutes from last year's last meeting. Virginia confirms that every school has created their own wellness goals and that she submitted the yearly report to the State.

She shares that the Child Nutrition Department had an administrative Review last school year and that they were impressed with the school goals.

Virginia recaps the past two years working in the Committee, how they developed the policy and got it approved by the School Board. Shauna Ashmore shares that the Policy and meeting minutes are also available through the Student Services website. Virginia confirms that every school café has it displayed too.

The school coordinators meeting will be on October 11, Virginia invites the Committee members to attend, she will review goals attainability with each school site.

Bob Watson shares that CVHS has implemented a share table to try to diminish food waste. Virginia shares that changes in regulations allow now students to take unopened nonperishable food home.

Virginia proposes the committee reviews the policy and suggest changes if deemed necessary, as a yearly review is needed. Gail Ginell asks if there are specific guidelines for physical activity. Shauna explains that the requirement is for 200 minutes every 10 days of school (grades 1-6), per Ed. Code.

Virginia shares that the Child Nutrition Department now provides for snacks and lunches for the District Child Care, and that it allows them to save a lot of money every month. She also comments on the increased meal participation at TOHS due to the new Principal not allowing outside food to be delivered to school.

Rekha Krishnankutty asks about school events obtaining food directly from Child Nutrition. Virginia explains that the offerings are online, and the Department can order and store in their fridges.

Gail asks about the summer meal program sponsored by Child Nutrition. Virginia said it was successful but she would like to see an increase in community participation for next summer.

Gail shares about an itinerary exhibition to raise awareness about hunger in America, she will share with Virginia next time they are in town.

Shauna shares how the Wellness Policy is applied at the school sites, by the principal understanding expectation and introducing changes. She said Redwood incorporated school wide

celebrations catered by Child Nutrition, and that directives were made clear and consistent since Virginia has been heading the Committee.

Rekha questions if we keep track of school performance changes after the policy is implemented, Shauna will check on this.

The Committee reviews Appendix A and B of the Policy. Shauna proposes some wording changes.

Liz comments on the importance of hydration and the promotion of drinking water, Virginia will try to insert that on the Policy.

Rekha shares that some teachers in Aspen are incorporating some yoga and mindfulness in the classroom to address socio emotional needs. Shauna says any staff can now refer students to the Breakthrough program, available for all grade levels.

Virginia will spend the next couple of weeks visiting with PTA, and will open the opportunity for parents and students to participate in the Wellness Committee.