

**January 17, 2019**

## Minutes- Wellness Committee

## Welcome and Introductions

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

Virginia welcomes new and present members; reviews minutes from the fall meeting. Some corrections are made. In reference to Rehka's question regarding evaluating if the policy implementation reflects in concrete changes, Shauna will share with the committee three articles that review policy changes effects in school performance.

Child Nutrition department started providing supper meals for tutoring programs that take place in the community after school, in Conejo Elementary and Bridges school sites, about 190 students now, once a week. In February will start a program in the TO library, about 40 students a night will receive supper.

Virginia defines what competitive food sales is for the State of California: any food or beverage sold to students on campus during the school day outside of the Federal Lunch program, it should be compliant with Federal guidelines. Child nutrition is expected to encourage compliance but cannot police school sites. Lisa Miller confirms that most schools allow outside food to be brought on campus. Shauna shared in the last school coordinator's meeting the expectations of compliance. TOHS does not allow outside food to be delivered during school hours. Fundraisers are allowed but food has to be in compliance if it is during school hours.

Virginia shares a couple of flyers she hopes to distribute in the next site coordinator's meeting: impact of physical activity in school performance and healthy ways to reward kids, alternatives to food rewards. She hopes to emphasize the benefits of adopting healthy behaviors and NOT what is taken away when said behavior is adopted. She would like school sites to share success stories so we can share it with the community.

Virginia will invite schools and parents to participate in some grants to promote nutrition or healthy habits: Game On Grants and Parents for healthy Kids Grant. The application period is February to April, with informational webinars happening in February. She registered for the webinars and invites the committee to join her. She will encourage schools to apply. The grants can be found at [SchoolGrants@ActionforHealthyKids.org](mailto:SchoolGrants@ActionforHealthyKids.org)

Virginia encourages discussion on what the committee wants to achieve now that the Wellness policy is finished and approved. Gail would like to see measurable social emotional goals. Christiane Rivard, from Kaiser Permanente will attend a meeting on resilience in schools and will share the information after. Susan Pease expresses concern about students living with trauma, what resources the district has to help students and teachers dealing with them. Teachers need to be given tools onto how best deal with students living on trauma situations. Lisa Miller says there has been a lot of training and discussion with school psychologists, counselors and school administrators after last November's events in the community. The district has a new coordinator for Child Welfare and Attendance, Jocie Wilson that increased the District's

outreach to families and the connection of community resources with homes. Shauna would like to invite Kenny Loo to the conversation to define teacher's training.

Rehka asks about food options, she would like kids to be introduced to new fruits and vegetables. Virginia is planning to have two taste tests a month for the remainder of the school year, in hopes of trying new recipes for the menu and to introduce new foods to students. She will include fruits and vegetables. Scheduled are Acacia, Los Cerritos and Lang Ranch. They will be advertised on the website and communicated to the School Principal in advance so he can share the information with families and encourage discussions between parents and kids.

Bessie O'Connor from the Dairy Council asks if the district has nutrition education Virginia explains that it is part of the school curriculum, in physical education and health, at the different grade levels.