

May 9, 2019

Minutes- Wellness Committee

Welcome and Introductions

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

Virginia asks for approval of last meeting minutes.

Grants update: Rehka applied for a parent grant to supplement donations received to improve the school's dance room. Has not heard back yet.

Vivian Vina also applied for a teacher grant.

Virginia shares an amendment to the Healthy Kids Act introduced to the House of Representatives last March that makes funds available for Wellness promotion. The LEA that receives the grant can appoint a nutrition coordinator or a wellness coordinator. Bill 1886.

Shauna sent an article on school performance and physical activity. It talks about the wellness impact: the school has to provide a healthy environment for learning. Poor nutrition, inactivity and obesity affect long-term health and life prospects. Some communities do not even have ample access to fresh foods. Virginia would like to find a way to share the article with parents.

Christiane talks about resilience and school environment, how we provide a healthy environment that optimizes learning. She proposes to create a professional development curriculum for teachers. Virginia will reach out to instruction to see if we can collaborate with Kaiser and set up a professional development session.

Rekha comments that from the parent's perspective, the relationship between nutrition and healthy habits is emphasized only during standardized testing week. She questions if the Principal's weekly email to families could include that type of messaging a couple of times during the school year. Christiane proposes to create a calendar with messages to make available to administrators and teachers ready to send out several times a year. Kaiser views school outreach as fundamental health promotion. Christiane is part of the RISE program that focuses on teacher and school administrators training. She will send Virginia the information for her to review and propose to instruction to include some training next school year.

Virginia shares that the government is developing new dietary guidelines, there are no dieticians in the group, only food industry advisors. Everyone is invited to next week's wellness coordinators meeting. The goals for school year 19-20 would be to get more parents and students involved in the wellness committee and to work on making schools aware they are responsible for enforcing the wellness policy. Would like to provide professional development on nutrition and school resilience to teachers and administrators.

Rekha would like to introduce some wellness related topics at the pre-K or K level that guide the curriculum on health promotion. The child nutrition department could create some posters to post in the café, salad bar cards, repetition and constant exposure works with younger students.

The meeting closes with two strong goals for next school year: to create a teacher's enrichment curriculum and to promote student outreach with educational posters and signs.