Meeting Minutes Student Wellness Council

Date & Time: 4/11/2018 3:00pm to 4:00pm
Present: Lacey Piper, Jenise Buckenberger, Sonya Mercado, Rosie Gutierrez, Mari Rugerio
Absent: Julie Maria
Location: Innovation Room District Office

Topics

- Meeting recap
  - See attached meeting notes

- Wellness Policy Update
  - New wellness policy was approved on March 22nd!

- Parent email- Lacey
  - Student Project (see attached). Lacey shared an email she received from a parent regarding the information on the wellness website. The information provided was a great resource for her daughter's upcoming nutrition project.

- Wellness website update, assessment and review
  - Overview
  - Tools (handouts)
    - Lacey shared that all handouts are currently being translated in spanish by our district translator
    - Lacey used the interactive TV to show all committee members the website and where the resources are located.
    - Rosie suggested the Board Approved Food Sales Policy should be added to the site.
    - Sonya shared that she'll be sharing the healthy celebrations letter and all other resources with the NFL staff and Afterschool site coordinators
    - Sonya shared that the OSFS/NFL website has been updated and would be a great link to add under the resources section of the website

- Wellness Policy Assessment
  - [http://wellsat.org/#](http://wellsat.org/#)
    - Lacey- Wellsat was recommended by our CDE to conduct ongoing assessments of our wellness policy.

- Lacey- Resource pages are needed for the following: healthy fundraising ideas, Healthy snack list ideas, Healthy birthday/celebrations ideas.

- Healthy Birthday (everyone)
○ Handout suggestions- stickers, bubbles, pencils, erasers, parents coming in to read on a child's birthday, buying a book for the classroom (with a note from the student), Slime (recipe), silly putty, jacks, chalk, organized sports outside, kickball, water play, coloring books, crossword puzzles
○ Add note to the bottom please check with your teacher or principal prior

● Fundraising Idea
  ○ Handout suggestions- refillable water bottles, t-shirts with school logo.

● Outreach for the new wellness policy.
  ○ Lacey- how can we make our committee more effective
    ■ Sonya suggested having all the updated documents in the first day ready packets
    ■ Jenise- Share the new materials at the next leadership meeting
    ■ Mari & Sonya- All wellness policy information should be in the school handbooks

● Other issues
  ○ Sonya- Food peddlers issue at Real. Asked if we could find documentation from the city to help address this issue.
    ■ Lacey- has found information on this topic and will share with sonya to help address the issue at Real
  ○ Sonya & Mari- It would be nice to have access to the nutritionals of the super program online. Possible suggestion for the future.

Next Meeting May 30th, 2018