

Glendale USD Wellness Council Meeting January 17, 2019

Representatives attended from Health Services, Culinary Arts, Champions for Change, Nutrition Services, and others.

Most policy changes that the wellness council wanted were adopted – see AR 5030.

What are goals for current year vs upcoming year?

March through June:

- Start by focusing on junk food/allergenic foods brought onto campus for parties, hard to count carbs for diabetic students – review handout for parents, posters, principal letter home, alternatives to parties.
- We could present at PTA foundation meetings as PTA presidents all attend
- Present teachers, principals, PTA, nurses, after school program EEELP, Nutrition Services, counselors and psychologists, ASB groups, culinary classes and/or PE.
- Share materials with champions for change partners so they can outreach to parents at Edison elementary

2019-2020

- Use SHI from end of 2018-19 school year to refine priorities for 2019-2020
- Calendar dates when parties are common to send flyers with non-food alternatives to parents
- Menu shared monthly with parents – add flyer for page 3 of digital menu
- Peachjar is platform to share information with parents and students

Champions for change focused on gardens and after school programs. Could distribute flyers for the wellness council. Gardens are at Edison Elementary – one for kinder, one for 1st 2nd 3rd.

Lots of activity going on at Mann, so they would be interested in parent classes and resources

Marshall is the other high free and reduced-price eligibility elementary.

Healthy Start works with low income/homeless/foster.

All for Health, Health for All is local clinic trying to get families to apply for CalFresh and Medicaid.

Health assessments for low income children are free without insurance with local providers through program called Gateway. Parent doesn't need to show proof of social security or worry about deportation. They see if they qualify for Medi-Cal and then transition to managed care plan

Diana Hill is the district Lead Case Manager.

District has a welcome center for testing and translation that might serve as a good place for parent outreach.

TK/K enrollment starting February 26th at welcome center – ask if we can include wellness brochure for next year.

Morgan from the Dairy Council of California is part of a local school wellness collaborative.

Students in culinary program created a mango recipe for Food Services.

Train teachers on in-service on March 25th when teachers return from spring break.

There are a lot of candy sales, so we need to share information about fructose epigenetics, impact of young diet on future health, etc.

<http://newsroom.ucla.edu/releases/fructose-alters-hundreds-of-brain-genes-which-can-lead-to-a-wide-range-of-diseases>

<http://time.com/4087294/heart-health-childhood-diet/>

<https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>