

Glendale USD Wellness Council meeting- 4/25/19

Introductions

Review minutes from last year: minutes approved.

Discussed trainings and meetings with stakeholder groups that have occurred since the last meeting.

Focus on food as reward, classroom fundraisers, and celebrations.

Met with teachers, specific sites, EEELP, PE teachers.

Departments want to know how to get the word out, and how to enforce it.

Will take a cultural change to have it fully implemented.

One suggestion was to have written materials that they can point to, so the policy can be enforced.

Can school sites send link to Wellness Policy link – ask PIO Christine.

Could add link to parent newsletter.

Have lading page ready by next Friday.

Look into Healthy Start, All for Health, Health for All for Medi-Cal and Cal-Fresh outreach.

Some school districts have a non-profit partner stationed at select schools.

Connect with homeless liaison for Cal-Fresh – Dr. Ilin Magran, Assistant Director at Student Support Services and Counseling Department and Monika Grabowski is in charge of the homeless.

The social service office on Pacific, look at clinics where you can get TB.

Check to see if parents would be interested in Cal-Fresh Assistant program – if have 20-25 people.

February target for SHI next year.

Email information directly to parents.

Helps to have a representative from each school site to talk up the new Wellness Policy and all the resources to support it – contact old Harvest of the Month teachers to see if they can support.

Add to Friday Flash.

Principals either are the cheerleader, or appoint a teacher to be the ambassador.

One Glendale program for sports tournaments. Football, Basketball and Soccer season after school program.

Have pizza and soda parties, see about offering alternatives that say party but are healthy.

Could we have one student representative? Potentially have meetings at the school site. Sophomores in high school and students that are interested in health occupations are good candidates.

How to make sure there is equity in influencing.

Peach jar – Start off with benefits of healthier foods and then incorporate the suggestions.

Posters for school site.

Registration packet – have ASAP healthy foods commitment form edited; see about different resources for High Schools, Middle school students bring unhealthy foods to schools, and teachers giving candy as rewards

Would “Re-Think Your Drink” be effective for middle school? Possible posters for middle schools.

Suggested to put article in school paper about manipulative marketing – and it could also be a possible student project.

Add to school Websites.

Suggested to add a third page to the menu each month.

Open Houses

Back to School Nights

Howdy Night – get schedule and look around school before school year starts.

PTSA has a table.

Text messaging alerts – parents can choose to put app on their phone to receive messages.

Promoting school breakfast at events, and give awards for attendance.

Remove language from brochure about “not withholding recess” – see what Ed Code states and perhaps suggest, “they not based on research.”

A dozen or so schools already have share tables.