

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/#>
 - 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 materias 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