

Wellness Policy meeting Notes

Date & Time: 10/26/2023, 3pm-4:30pm

Present: Lacey Piper, Rosie Gutierrez, Stephanie Towner, Ann Ransom, Julie Maria, Thailiya Thomas, Veronica Rauschenberger, Leslie Pimentel

Agenda Topics:

What is a Local School Wellness Policy (LSWP)?

- A local school wellness is a written document that guides a school's efforts to create supportive school nutrition and physical activity environments. This policy helps the school establish a school environment that promotes students' health, well-being, and ability to learn. This is important because each school participating in federal Child Nutrition Programs, including the National School Lunch Program or the School Breakfast Program, is required to develop and implement a wellness policy.
- Requirements of a Wellness Policy

Wellness Committee Meeting Survey

Review Current School Wellness Policy

- rioschools.org/wp-content/uploads/2018/03/RSD-Wellness-Policy-Handout.pdf

Triennial Assessment Summary

Updates Needed

Questions/Discussion

Upcoming Meeting

Length of Meeting: 90 minutes

This particular year happens to be a year we are going to be audited.
It meets a lot of the requirements, but it has room for improvement.

Nutrition Education and Wellness

Studies show that schools that have wellness programs show that students do better in schools.
Healthier school environment help to show more positive behavior with student

- Federal policies
- Addressing food and beverages
- Strict guideline about food marketing to kids
- School meals at breakfast and lunch

It should be a collaborative effort on a wide variety of people

Wellness policy does have clarification for during school day

But we need more clarification on our site for school days like during fundraisers.

The language is really vague and taking a look at that language and making it stronger

The importance of nutrition education

Need to update to meet federal regulations

Nutrition Promotion

Less points on this subject

What are we going to do to increase participation

Physical Activity & Physical Education

The regulations follow more of a high school policy

Diane Wilson Gram

PE and Health works for CSUCI

Gavin Newsom

School-aged kids across California will have a mandatory 30-minute recess break starting with the 2024-25 school year

Incorporating our ASB advisor and principal

Food and Beverage marketing to students

Posters

Parent communication

Images

Text around food that is being displayed

We touched on it but we did not take a deep dive into it.

PTSA board they have talked about doing a PTSA training to help them align more with the Wellness Policy when doing Fundraisers

Wellness Policy can be found on the district website by going to child nutrition and then going to the wellness policy page.

It is required to be posted in every single cafeteria. We also did a more compacted version of it. They are due to be updated.

The survey is so that the team can choose what topics would like to touch base on more so that during this year we can work on updating those pieces of it.

Copy of
Wellness Policy
Physical education policy
Tri Annual Assessment

0 not in there at all
1 mention
2 stronger language

There were things that we are doing they just weren't mentioned in our wellness policy

Interesting question was talking about agriculture and how we can integrate it in ours

Next thing Lacey would like to talk about are areas to review and then possibly bring examples next time

School Health

Talks about area we will talk about

Nutrition

Nutrition

Physical education

prompting a positive school environment

District staff being positive role models for our students

Talks about us offering potable water

It does not talk about water throughout the school day

Using other things as a reward for students

That is not food

Marketing to students

Talks about monitoring the wellness policy like every 3 years

We need to call the attention to the wellness policy

Nutrition department should write in the policy that we should do training annually with the

Principals

back in 2018 we were written up on a vending machine on campus

If they see the Vending machine it would not be a direct violation, but it may be and FYI this is what I observed.

We can jump into what you feel needs to be addressed, This will help Ms. Lacey to look at other districts' language, that we can pull from to help make ours stronger.

Veronica will the wellness policy cover the breakfast, nutrition breaks, lunch meals have a more positive results at school site that are implementing these programs

It covers what are we going to do to prompt breakfast, lunch, and adequate seat time (20 minutes)

Focus

On promoting breakfast in the classroom

Rio Del Valle

Rio Real

Rio Plaza

Nurse Julie would love to see breakfast in the classroom at Vista

Carts to service kids possible idea for kids to get a chance to eat

Breakfast in the classroom is good but there is push back

Sale around Food and cleaning up that language

Giving guidance on food outside of the regular school day

Vision touch (addressing screen time) on this because the kids being on the computers and tablets

Adding more language in the policy to let parents know that they can still get a reimbursable meals

Addressing Allergies in the policy

Parents updating the meal forms need to be filled out every year

How to read a food label

We don't really address any health standards

Food corp works around my plate

Lesson on process over doing a whole fruits and vegetables and homemade items

Food pedalers

Need language in our wellness policy to help school site

Address Physical education

Board Policy on food Sales

- Recreating language to help the schools
- Cleaning up the language
- Food that is being shared with kids
- Address the candy being given at school
- Talks about food items being sold
- Federal 30 minutes from the day
- Because we run the supper program it is 1 hour after school
- Food being brought in for students
- Address the lunch on the lawn
 - Some events can be sponsored by the school it just depends on
 - Dominos Pizza (whole wheat dough)
 - Reading idea
 - Encouraging the homemade lunch from home

Mental health

- What the district is doing
- What the district will continue to do to help the kids
- Community outreach like
 - Yoga (can be a financial impact)
 - Nutrition classes
 - Counselor corner
 - Has resource
 - Mindfulness- having something in the policy that we are addressing it

The policy should be a little vague.

Gardens

- Can fall under education
- Social emotional

Work with green ribbon

- Mental health and working outside
- Outdoor education as it relates to overall well being
 - To help support mind body and soul

Nutritional based language or verbage

- What is calorie dense
- Nutritional poor

Community and family engagement

A lot can be very easily remedy

Lacey goal is to pull from oth policies at other school district

Lacey will have a working document that the team can view and add to

In the assessment gives sample language and you score your policy on that based on the policy and the score is 0- Not mentioned, 1-there but vague, 2-strong

Healthy Food guideline

Needs to be update the wording