



## School Wellness Committee Meeting Minutes

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**Date of Meeting:** Monday, April 1<sup>st</sup>, 2024

**Time:** 3:15 pm – 4:15 pm

**Location:** Room 144C

**Attendees:** Jennifer Gordon, Katie Christopher, Kimberly Christensen, Abby Storkel, Brittney Downs, Aldo Robles, Guari Neisch

**Led by:** Jennifer Gordon

### Notes

- The committee assembled for the fourth time for the 2023-2024 school year.
- Jennifer Gordon, Chair, presented on the following:
  - America's Healthiest Schools Award
    - Reviewed the 9 different award topics
- Emily Thege, guest speaker from Alliance for a Healthier Generation, talked about the America's Healthiest Schools (2024 Award) virtually
  - Goal is to amplify what schools are already doing through the award
  - Individual school awards – each school needs to apply
  - Can copy and paste appropriately if there is district level implication
  - Can opt out of any of the other topics if not applicable and just apply for one or more sections
  - 2-3 sentences per field; the more information the better
  - Award criteria can change from year to year (see award criteria column for each topic)
  - Try to do as many topics for each school as possible – shoot for the stars!
  - Can ask for feedback after the award results have been posted
  - This could potentially be the framework for goal setting for next year's wellness committee and district wellness plan
  - Social Emotional Learning Topic
    - Using PBIS program for "Strengthening Social-Emotional Health & Learning" criteria
    - Looking at data and reporting back on it; staff huddles to look at, Classroom Management, Office Referrals (PBIS)
    - Communication document – sharing with parents with how discipline is administered (ie more than a parent handbook, but explaining how it is utilized and sharing the document that teacher creates to orient families to what they are doing (informing parents about a calming center available for students))
    - Monthly letter (Paseo Pointe?) to parents on how they can provide SEL to children
    - You're able to include handbook in supporting documentation, but then make sure to expand on implementation methods and communication with parents
  - Improving Nutrition and Food Access Topic
    - What are you doing to increase participation of school meals? (no production records required)
    - Marketing, Taste Testing
    - Show examples of receiving parent feedback, student feedback

- Marketing program to increase program participation
  - We currently have universal free breakfast at all schools, next year looking to implement CEP
  - School Breakfast Week, School Lunch Week
  - Intentional collaboration with teachers?
  - FFVP – Collaboration with teachers about biweekly nutrition flyers at Cheatham
- Supporting School Health Services Topic
  - Kim (district nurse) mentioned that all 9 schools could apply because of their screening services
- Bolstering Physical Education & Activity
  - Playworks at Cheatham (and other schools?)
  - Adaptive physical activity needs
    - Cheatham – self-contained classes are integrated into PE classes
    - EFGA – no self-contained classes, but PE teachers provide activities to students with disabilities that are adaptive to their abilities
    - Other schools?
- Promoting Tobacco-Free Schools
  - Need to upload curriculum that is age appropriate
  - This is the least awarded area
- Current Progress:
  - Completely finish the AAT
  - District has applied for the USDA Fresh Fruit and Vegetable Program at 5 schools and are awaiting the results
  - Jennifer will send out invitations for the dashboard to wellness committee members upload documentation (each application is individualized per school)
- Questions/Concerns/Thoughts:
  - Please continue to review the America's Healthiest Schools Award for your designated school and/or specialty.
- Next meeting: End of April/ Beginning of May – April 29<sup>th</sup> or May 6<sup>th</sup>. Time and date TBD based on Doodle Poll results.