



## School Wellness Committee Meeting Minutes

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**Date of Meeting:** Monday, April 29<sup>th</sup>, 2024

**Time:** 3:30 pm – 4:30 pm

**Location:** Room 144C

**Attendees:** Jennifer Gordon, Katie Christopher, Sara Contreras, Breanna Lewis, Abby Storkel, Maria “Guari” Neisch, Christopher Madrid, Brittney Downs, Aldo Robles

**Led by:** Jennifer Gordon

### Notes

- The committee assembled for the fifth and final time for the 2023-2024 school year.
- Jennifer Gordon, Chair, presented on the following:
  - America’s Healthiest Schools Award Recap
    - At our last meeting (4/1) Emily Thege walked us through the application process for the America’s Healthiest Schools Award.
    - We realized that we do a lot with nutrition education, employee wellness, social/emotional learning through our PBIS program, and student health screenings.
    - We applied for 4 schools – Cheatham (Nutrition & Food Service, Health Services, Social & Emotional Wellness, and Cultivating Staff Well-Being); Desert Meadows (Health Services, Cultivating Staff Well Being, and Social and Emotional Learning); Rogers Ranch (Health Services); and Paseo Pointe (Health Services).
    - We haven’t heard back yet about the results, but will let everyone know the results when they are released.
    - The award criteria would be a useful tool for goal setting and implementation in the future.
    - Cheatham is looking at changing their school’s social committee to health and wellness committee because they have already been planning events around physical activity.
    - Desert Meadows talked about creating a wellness committee and is looking into tobacco prevention programming.
    - Discussed the different applications and how the items that we couldn’t check off this year for award criteria can be a directive for what to implement in schools next year.
    - Alliance for Healthier Generation has an assessment that can be done at each school to see what items could be worked on for next year.
    - Talked about intentionally inviting parents to wellness committee meetings, Smart Snacks guidelines, healthy fundraisers (obstacle course, color runs, etc.), MC Cash – garden grant from Sprout’s, and connecting schools to help with initiatives.
  - Fresh Fruit and Vegetable Program
    - We have applied for 5 schools next year Desert Meadows, Paseo Pointe, Rogers Ranch, Estrella Foothills Global Academy, and Cheatham.
    - Currently awaiting results for this grant, which should be available in May.
  - Triennial Assessment Final Recap

- Sent surveys out to principals, surveys and follow-up to PE teachers.
  - Reviewed results from Triennial Assessment.
  - USDA says you can use any assessment; the one that we are currently using is created by ADE.
- Next Steps for SY24-25 Wellness Committee
  - Working on items in the ADE AAT and America's Healthiest School Award that we can implement next year.
  - Look at our Laveen ESD Wellness Policy.
- Current Progress:
  - Trying to get connected with SNAP-Ed programming in their next grant cycle.
  - Successes: Applying for FFVP & America's Healthiest School Award; completing the ADE Activity and Assessment Tool.
- Questions/Concerns/Thoughts:
  - Are you interested in continuing on the committee?
- Next meeting: Fall 2024 (likely September) – email with more information to come.