



School Wellness Committee Meeting Minutes

Date of Meeting: Wednesday, October 23rd, 2024

Time: 3:15 pm – 4:15 pm

Location: Room 129C

Attendees: Jennifer Gordon, Katie Christopher, Christopher Madrid, Guari Neisch, Sara Contreras, Aldo Robles, Arianna Araiza, Shanice Ayon, Stephanie Niehus, Erin Clark (King's College nutrition intern), Obi Ukoha (Paradise CC nutrition intern)

Led by: Jennifer Gordon

Notes

- The committee assembled for the second time for the 2024-2025 school year.
- Jennifer Gordon, Chair, presented on the following (See presentation attached):
 - Introductions – Shanice Ayon, Arianna Araiza, Stephanie Niehus, Erin Clark

Katie

- Erin and Obi are currently serving as nutrition interns for Child Nutrition.
- Erin will be working on various projects related to analyzing the breakfast menu, streamlining allergy notifications for the POS system, Gluten Free training in the cafeterias, and more.
- Obi will be facilitating nutrition and physical activity lessons in Coach Robles' class.
- Both interns will be working in the kitchens.

Arianna & Shanice

- Immunization Records – nurses are currently making sure records are up to date, as students are not able to attend school without these.
- The schools have been facilitating hearing and vision screenings, but due to being short-staffed they are prioritizing certain students.
- Cheatham currently does not have a Health Associate, so the district nurses have been rotating at this school.
- All district nurses are brand new this year – all are Registered Nurses.
- Diana has been a school nurse for 8 years.

Stephanie

- WellStyles is Laveen ESD's employee wellness program, which is available to all benefitted employees that are enrolled in a UHC medical insurance plan.
- 59% of employees are enrolled but hoping to increase this.
- Of those enrolled - 60% are engaged – meaning at least once a day, logging on and getting steps.
- If you get a Physical/Wellness Exam – once a year – you will earn \$80 in gift cards.
- Announced different events that are coming up:
 - Yoga on the Lawn (250 points) – October 29th
 - Health Fair (5000 points) – October 30th

- December – biometric screenings (cholesterol, measurement, height to weight ratio, etc.)
- December – mammography for women event

Healthy Fundraising

- Technically every time a school has a food or beverage-based fundraiser that happens during the USDA-defined school day, the items need to meet USDA Smart Snacks regulations. If these items don't meet, a fundraising exemption needs to be submitted to the state.
- Family Nights at MOD Pizza, Peter Piper Pizza, etc. – these aren't subject to USDA Smart Snacks regulations because they don't happen on the school campus.
- ADE Training PPT: <https://www.azed.gov/sites/default/files/2017/10/Smart%20Snacks%20Webinar%20October%202017.pdf?id=59f22d3a3217e102d450a820>
 - USDA → FNS → ADE → School District
 - Every meal served will be reimbursed for a certain amount of money
 - Healthy Hunger Free Kids Act (HHFKA)
 - USDA Smart Snacks – all schools sold during the day
 - Competitive Foods Rule: Smart Snacks
 - Example: Kona Ice sold directly after school – meets Smart Snacks requirements per the documentation submitted
 - PBIS Rewards/School Stores – need to meet Smart Snacks regulations
 - This does not affect classroom parties
 - “School Day” defined by USDA as Midnight to 30 minutes after the school day ends.
 - Smart Snacks Calculator: <https://foodplanner.healthiergeneration.org/calculator/>
 - We have to follow K-5 Smart Snacks requirements because we are a K-8 campus
 - We can serve water, juice, and milk only (unless it is 30 min after school day)
 - Culinary programs are exempt
 - ARS 15-242 – Arizona is more strict than USDA regulations because it regulates both “served” and “sold” food and beverage items

Current To-Do Items:

- Jennifer will send out invitations for each committee member to join the Alliance for Healthier Generation Action Center. Be on the lookout for an email.
- Jennifer will update the School Wellness webpage

Questions/Concerns/Thoughts:

Next Meeting: TBD; DoodlePoll to follow.

- Next meeting we will hear back from America's Healthiest Schools Leaders Summit participants