

**Wellness Policy Committee Meeting
February 26, 2015**

Attendance

Present at meeting:

- A.K. (Emilee) - Student Representative
- Caroline Nersessian- Chair
- Jordan Noel- Nurse
- Mary Becker- Administrator
- Rene Sehic- Food Service
- Tina Shimabukuro-Teacher/Teaching Garden Champion
- Veronica Lopez- Parent
- Yesenia Gonzalez- Social Work Intern

Agenda

- Review of Wellness School Assessment Tool for Implementation
 - Question 2: Is there a nutrition education curriculum?
 - Yes, there is a curriculum and it is both its own class and interwoven into other subjects. *There is room for improvement in the implementation of nutrition education in class.*
 - Question 3: Does the nutrition education link with the school food environment for every grade?
 - Yes, through cooking classes and the teaching Garden Wellness club. *Thoughts about other ways of doing this?*
 - Question 4: Do you offer nutrition education that teaches skills that are behavior focused, interactive, and/or participatory (e.g. media awareness, menu planning, reading nutrition fact sheets)?
 - Yes, there are classes held within the school year that teach students how to read labels, distinguish between natural and artificial ingredients, etc. school nurse also speaks to students on an individual level about overall wellness.
 - Question 5: Are teachers encouraged to be role models exhibiting healthy behavior?
 - Yes, there are teachers who serve as role models as it pertains to health and wellness. *There is room for improvement in having more buy in from more of the teachers.*
 - Question 6: How is nutrition education communicated to parents?
 - *Possibility of sending out newsletter with recipes and information on nutrition. Students could be a part of putting together the newsletter in order to get them involved. Informing parents on newsletter of the fact that they can request menus. Possibly adding to this information to our website.*
 - Question 7 & 8: Does marketing promote healthy/unhealthy choices?
 - *Improvements can be made in this area. The idea was brought up of having the students create posters to be hung up throughout campus and classrooms to promote healthy choices.*
 - Question 10: Does your school participate in the School Breakfast Program? Is it promoted? If yes, how? Are parents made aware of what is served?
 - *Idea of sending out monthly calendar with menu printed on the back. It was also suggested that a checkbox be added to the enrollment packet that specifically asks if the parents would like a copy of the menu sent to them monthly.*
- Parent suggested having a Wellness Committee meeting in the evening for those families who would like to participate but due to work cannot attend.

- There are four sections in the assessment tool with a percentage range of 0-100 (0 being no implementation and 100 being full implementation).
 - Section 1: Wellness Promotion (77%)
 - Section 2: Nutrition (94%)
 - Section 3: Physical Activity (55%)
 - Section 4: Evaluation (75%)
- Wellness Policy Evaluation
 - It was suggested that changes be made to page 3, paragraph 2 under Medication.
 - “Due to the fact that most of the students at Northpoint are on psychotropic medications, we believe that providing healthy options in the cafeteria is essential. ~~This means encouraging~~ In addition, Northpoint School encourages families to replace junk food with more fruits...”
 - It was suggested that changes be made to page 3, bullet point 3 under Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals.
 - “serve ~~only~~ nonfat and low-fat (1%) milk and nutritionally-equivalent nondairy alternates (to be defined by USDA) as ~~necessary~~ requested with a doctors note,”
 - It was suggested that changes be made to page 5, bullet point 1
 - Breakfast is served between 9:00am and ~~9:30am~~ 10:00am.
 - There was input from a parent about various ways of implementing health education in classroom instruction other than in health education class.
 - Focusing on different people throughout the month and giving students reading assignments and tasks related to how health and wellness affected these people (i.e. athletes)
 - It was suggested that changes be made to page 7, paragraph 1 under Communication with Parents.
 - Adding “Newsletters will be sent to parents with information on health and wellness. Newsletters will include healthy recipes that can be made on a budget.”
 - Information under Daily Physical Education (P.E.) K-12 will be reevaluated by Mary and information will be sent out to committee and updated (if need be) on the policy.
- Goals
 - Make changes to Wellness Policy based on the committee’s feedback
 - Send out updated policy for approval
 - Schedule a meeting for review of the policy within the next six months