

Superintendent's Wellness Committee Meeting Minutes

Thursday, April 20, 2017

Amended: May 4, 2017

The Superintendent's Wellness Committee meeting commenced at 3:32 p.m. The members in attendance were Teresa Cardenas, Charlene Dean, Beth Freer, Susana Frias, Joanne Gifford, Shawn Judson, Alicia Lyon, Ami Shaw, Joseph Shaw, Charlayne Sprague and Tanisha Styles

I. Welcome

Dr. Judson thanked everyone for coming to the final wellness meeting of the 2016/17. In respect for everyone's time, Dr. Judson wanted to be sure to start on time and end on time. Round table introductions were made by all present.

II. Public Comment

In compliance with the Brown Act, the meeting was opened to public comment. With no public comments presented at the meeting, public comment was closed.

III. Review of Wellness Goals for 2016/2017

Goal 1 – By October 2016, the Etiwanda School District will advertise participation in the E3 Foundation-sponsored 'Family Fun Run' through flyers, banners and the district website. (Superintendent)

Progress – This goal has been met! Alicia Lyon was our coordinator for this goal with record setting numbers in attendance this year.

Goal 2 – By May 1, 2017, three additional healthy, freshly prepared entrees that meet USDA school lunch guidelines will be added to the elementary and middle school menus. (Child Nutrition Manager)

Comments – Teresa Cardenas said we do better in the intermediate schools versus the elementary schools. The following new menu items were added this school year to our lunch menus:

Intermediate Schools:

Roasted BBQ Chicken
Southwest Shaker Salad
Strawberry Shortbread Parfait
Blueberry Parfait
Chicken Fajitas with Beans

Elementary Schools:

Roasted BBQ Chicken
Chicken Taco Salad
Chicken Fajitas with Beans

Participation has increased with the addition of the above new entrees. Prior to this school year, deli items were only served Monday through Thursday. At the beginning of this school year, deli items were offered every day of the week. Interestingly enough, breakfast for lunch is an

Superintendent's Wellness Committee Meeting Minutes

Thursday, April 20, 2017

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extremely popular item in the schools. Dr. Judson asked how students are served when the cafeterias run out of an item. With the USDA regulations, if there is an item in the warmer, it must be served to a student, Teresa stated. Luckily with so many options for lunch, most students choose another item. However, with the upper middle school grades having first lunch, it's unfortunate for the lower grades that may only have a few of the popular lunch items left to choose from during their lunch period. Dr. Judson asked if there's a lot of waste at lunchtime. Teresa said there is a lot of waste since they are not able to wrap and re-serve leftover food items.

Hats off to Grapeland for making the election day process fun for their students with voting stickers, decorations and mac and cheese/chicken nuggets!

Goal 3 – By May 1, 2017, each school in the district will verify that they have completed two of the following activities: (Principals)

- a. Held a family program related to physical fitness, nutrition or wellness.
- b. Held a fitness program at the school for at least a six week duration in which students have the option of participating before school, during recess breaks or after school (for example, walking clubs, jump rope clubs, etc.)
- c. Held a program designed to promote awareness for a health issue (fundraiser for a hospital or other health organization).
- d. Held a physical fitness/weight loss/health awareness activity for staff.
- e. Participate in "screen-free" week (no TV, video games, computer games, computer, cell phone games, etc.).
- f. Implement a school site no treat birthday celebration policy.
- g. Incorporate 'class movement' activities during instructional time.

During the school year, if a school site participates in 3 of the above activities, they will receive \$500. If a school participates in 4 or more of the above activities during the school year, they will receive an additional \$500 for a total of \$1,000.

Comments – This goal has been met! The handout in today's packet outlined the activities the sites have participated in to reach their objective for this goal.

Goal 4 – By May 1, 2017, each school in the district will conduct one program or activity related to awareness and prevention of bullying. (Principals)

Comments – This goal has been met! Several elementary schools invited Joel Greene for their anti-bullying activities. For the intermediate schools, most of the schools used Rachel's challenge as their anti-bullying activity. The bullying reports are collected at the end of the year which will allow us to see how we've done in this area over time.

Goal 5 – By May 1, 2017, the district will provide teachers with strategies to support student mental health. (Director of Special Education)

Superintendent's Wellness Committee Meeting Minutes

Thursday, April 20, 2017

Amended: May 4, 2017

Comments – This goal has been met! Beth has tried to provide strategies for student wellness in the classroom almost weekly. The teachers received the strategies very well and asked for resources for themselves! The ERMHS also asked for verbal encouragement resources for their aides to use with their students.

Goal 6 – At least 75% of students in grade 5 and 80% of students in grade 7 will score in the healthy fitness zone in 5 or more of the physical fitness tests as measured by the Spring 2016 California Physical Fitness Test. (Principals, P.E. teachers, teachers)

Comments – This goal was not met. The 13/14, 14/15 and 15/16 physical fitness results were included in today's packets.

In reviewing the 15/16 results, the following were noted:

- 41.9% of 5th grade and 39% of 7th grade students met 6 out of 6 physical fitness standards
- 69.9% of 5th grade and 69.1% of 7th grade students met 5 out of 6 physical fitness standards

In reviewing the 14/15 results, the following were noted:

- 31.7% of 5th grade and 42.1% of 7th grade students met 6 out of 6 physical fitness standards
- 62% of 5th grade and 72.8% of 7th grade students met 5 out of 6 physical fitness standards

In reviewing the 13/14 results, the following were noted:

- 42.9% of 5th grade and 50.8% of 7th grade students met 6 out of 6 physical fitness standards
- 67.5% of 5th grade and 77% of 7th grade students met 5 out of 6 physical fitness standards

This year, for the first time on the non-student day, the elementary and intermediate PE teachers met to collaborate on physical fitness testing. The inconsistency in how the results are recorded seems to be one of the issues which should improve over time Charlayne reported.

Goal 7 – By May 1, 2017, the district will have published 3 issues of a Family Wellness newsletter. (Superintendent)

Progress – This goal has been met! The 3rd issue should be distributed very shortly making this goal complete. *Amended: This goal has not been met. Two issues of the Family Wellness newsletter were distributed in September 2016 and April 2017.*

Goal 8 – By May 1, 2017, the district will support a campaign encouraging hand washing and appropriate cough and sneeze hygiene by providing information and educational materials throughout the district. (Health Services Coordinator)

Comments – This goal has been met! Charlene displayed the winning posters for the Handwashing Poster Contest. All of the posters were copied, laminated and distributed to the sites to encourage students to observe hand washing. The students attended the board meeting and had their pictures taken with the board.

Superintendent's Wellness Committee Meeting Minutes

Thursday, April 20, 2017

Amended: May 4, 2017

IV. Wellness Update and Activities

Discussion and Approval of 2017/2018 Goals

Dr. Judson shared the draft of the 2017/2018 wellness goals. There are 4 goals that were removed since they have become institutionalized in our district. Goals 1, 6, 9 and 10 were removed and goals 2, 3, and 7 were added for the 17/18 school year.

Goals Added in 17/18:

Goal 2 – By April 1, 2018, the district will develop a health and Wellness unit at the middle school level, for implementation in the 2018-19 school year. (Assistant Superintendent of Instruction)

Topics may include (but are not limited to) fitness and hygiene that will be developed in the 17/18 school year and fully implemented in the 18/19 school year.

Goal 3 - By May 1, 2018, increase awareness of the healthy nutritional content of our school lunches and increase participation by: (Child Nutrition Manager)

- a. Adding three additional healthy, freshly prepared entrees that meet USDA school lunch guidelines for elementary and middle school menus
- b. Sending home the Nutrition Nuggets Newsletter three times per year
- c. Having Child Nutrition tables at Back to School Nights
- d. Offering student taste tests of possible new menu items

The Nutrition Nuggets Newsletter will be on our district website, as well. Child Nutrition will be at Back to School nights for parents to ask questions and to provide visual samples of new food items. An additional goal was added as “3E: Farmer Bob mini farmer’s market presentation for 3 elementary schools”. Farmer Bob will talk about and allow students to take vegetables or fruit home. Child Nutrition may consider being dressed up in vegetable outfits during this presentation, as well.

Goal 7 – By May 1, 2018, the district will develop and implement a suicide prevention policy to meet the requirements of AB 2246, including training for teachers at grades 7 and 8. (Director of Pupil Services).

Due to a new law, this item has been added as a wellness goal.

The goals will be forwarded to the school board since the Principals, PTA and now our committee have reviewed the goals.

V. Meeting Date for 2017/2018

Tuesday, October 17, 2017, 3:30 p.m., Board Room

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Dr. Judson asked if there were any questions before the meeting was adjourned and thanked Teresa and Susana for bringing the vegetable chili and shaker salad to today’s meeting.

The meeting ended at 4:01 p.m.

Prepared By Ami Khachoyan-Shaw, Health Services Department