



**Wellness Committee Meeting Minutes**

Date: Wednesday, October 4, 2017  
Time: 1:45 p.m.-3:00 p.m.  
Location: District Office Board Room

Wellness Committee Members:

- WESD SFA Authority: Catherine Moura ✓
- WESD Board Members: Carolyn Dixon (absent)  
Stan Greenberg ✓
- WESD District Office Staff: Adam Schaible, Superintendent ✓  
Janice Webb, Administrative Assistant ✓
- WESD Administrators: Lori Pola Hoard, Robert L. Stevens School Principal ✓  
Corina Rice, J.X. Wilson School Principal ✓  
Michael Waters, Wright Charter School Principal ✓
- WESD Teachers: Rochelle Anderson, Robert L.S. Stevens School Teacher ✓  
Laura Drake, Robert L. Stevens School Teacher ✓  
Kelly Schuetz, J.X. Wilson School Teacher (absent)  
Erin Gomez, Wright Charter School Teacher (absent)
- WESD Physical Education: Bailey Tucker (absent)
- WESD School Nurse: Geri Ott ✓
- WESD CSEA Representative: Lori Olsen Oliver (absent)
- WESD Cafeteria Staff: Melanie Gabriel, Cook, Wright Charter School ✓  
Teri Heskett, Cook, J.X. Wilson School ✓  
Charity McFarland, Assistant Cook, J.X. Wilson School ✓  
Katie Gomez, Cook, Wright Charter School ✓
- WESD Parent: Anne-Marie Donegan, Parent Representative (absent)
- WESD Student Representatives: (TBD) J.X. Wilson School  
Kimberly Camacho, Student Council President, R.L. Stevens ✓  
Hy Ly, 8<sup>th</sup> grade student, Wright Charter School ✓  
Said Noriega, 8<sup>th</sup> grade student, Wright Charter School ✓
- Community Members: Sarah Hadler, Program Manager, Safe Routes to School (absent)  
Tina Panza, Director, Safe Routes to School ✓  
Olivia Brown, CalSERVES Cool School Program Site Supervisor ✓  
Melissa Moore, Expanded Learning Manager (Regional), CalSERVES ✓  
Leslie Corral, CalSERVES Cool School Site Supervisor ✓

**1. Opening:**

- a. Welcome and Introductions

**2. Meeting Facilitation:**

- a. Facilitator: Adam Schaible
- b. Secretary: Janice Webb
- c. Food Services Director: Cathy Moura

**3. Reports and Discussion:**

- a. Report on results of WellsAT:2.0 Wellness School Assessment Tool Adam Schaible

The WellsAT:2.0 is an assessment tool to provide a standard method for the assessment of our district Wellness Policy that is required because our district participates in the National School Lunch Program. This tool offers a consistent and reliable means of assessing the comprehensiveness and strength of school wellness policies. Superintendent Schaible completed the WellsAT:2.0 Wellness School Assessment Tool Scorecard in July 2017. This scorecard contains details of how our district scored on each item and section of the assessment and provides resources that will help us improve our district’s school wellness policy.



Superintendent Schaible explained that the school wellness policies are evaluated based on the degree to which they address 96 items, which are categorized into seven sections. The Wellness Policy statements are rated as follows: “0” are items not addressed in the policy; “1” equals weak statement; and “2” equals meets/exceeds expectations. Committee members brainstormed ideas to improve the “0” items that are not being addressed so they can become incorporated into the revised Wellness Policy.

Listed below are committee members’ suggested comments to improve the “0” rated items for implementation into our current Wellness Policy. Zero “0” rated items were found in Sections 2, 3, 4, 5 and 6.

### Section 2. Standards for USDA Child Nutrition Programs and School Meals

| Item No. | Statement   | Committee Recommendations   |
|----------|---|---|
| SM6      | Specifies strategies to increase participation in school meal programs                                      | <ul style="list-style-type: none"> <li>• Develop specific strategies to increase participation in school meal programs</li> <li>• Develop strategies to increase participation – make a list of what kids don’t like</li> <li>• Student interests/likes needs to be added into the policy</li> <li>• Create student survey on interests</li> <li>• Communicate about the nutritional value of the food</li> <li>• Ideas to promote menus (e.g., Poster Contests - use examples such as alternative birthday party ideas/snacks)</li> <li>• Increase participation in meal program. How do we promote participation in the food program (e.g. purchasing and maximizing the eating of it)? Look at participation in a wider sense (portion control). Are kids eating it; return table – are kids putting things back)</li> <li>• Need more education</li> <li>• Provide meal program packets during orientation</li> <li>• Provide opportunity for activity as a reward</li> </ul> |
| SM12     | Specifies how families are provided information about determining eligibility for free/reduced priced meals | <ul style="list-style-type: none"> <li>• How are parents informed about free meals?</li> </ul>  |

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

| Item No. | Statement  | Committee Recommendations  |
|----------|--|--|
| NS6      | Addresses nutrition standards for all BEVERAGES sold to student during the EXTENDED school day (includes regular school day plus after school programming and clubs) | <ul style="list-style-type: none"> <li>• Substitute the word “distribute” for “sold”</li> <li>• “Sold” vs. “Free”</li> <li>• Cool School; school dances; PTC events; Movie Night</li> <li>• Nutrition standards of drinks</li> </ul> |



### Section 4. Physical Education and Physical Activity

| Item No.                 | Statement   | Committee Recommendations  |
|--------------------------|---|--|
| PEPA 8,9,10, 11,*12, *20 |   |  |
| PEPA9/A11                | Addresses Physical Education waiver requirements for K-12 (e.g., substituting physical education requirement with other activities)       | <ul style="list-style-type: none"> <li>All/Exemptions (e.g., cheer class/traveling volleyball waiver)</li> <li>Does NOT need to be in Wellness Policy</li> </ul>   |
| PEPA11                   | Addresses Physical Education substitution requirements for K-12 (e.g., substituting physical education requirement with other activities) | <ul style="list-style-type: none"> <li>Addresses P.E. education substitution (for hurt kids)</li> <li>Does NOT need to be in Wellness Policy</li> </ul>  |
| PEPA12                   | District addresses the development of a comprehensive school physical activity program (CSPAP) Policy at each school.                     | <ul style="list-style-type: none"> <li>Comprehensive school physical activity program</li> </ul>   |
| PEPA19                   | District provides physical activity training for all teachers.  | <ul style="list-style-type: none"> <li>Physical activity training for all teachers</li> </ul>  |
| PEPA20                   | Joint or shared-use agreements for physical activity participation at all schools   | <ul style="list-style-type: none"> <li>Joint Agreement (does NOT apply to us)</li> <li>Bike events at school (outside organizations do not have space to do this)</li> <li>Add this into policy</li> </ul> |

### Section 5. Wellness Promotion and Marketing

| Item No. | Statement   | Committee Recommendations   |
|----------|---|---|
| WPM1     | Encourages staff to model healthy eating/drinking behaviors   | <ul style="list-style-type: none"> <li>Add to policy. Encourage staff to model healthy eating/drinking behaviors</li> </ul>   |
| WPM2     | Addresses staff not modeling unhealthy eating/drinking behaviors  | <ul style="list-style-type: none"> <li>Add to policy to discourage staff from modeling unhealthy food/drink in class or in front of students</li> <li>Advise staff modeling in personal practice</li> <li>Add “encourage” good and “discourage” bad</li> </ul>  |
| WPM5     | Addresses using physical activity as reward   | <ul style="list-style-type: none"> <li>Opportunity for activity as reward</li> <li>Special treats for P.E. (e.g., teach them a fun new game such as Chinese Jump rope; walking breaks)</li> </ul>   |
| WPM10    | Specifies that family wellness activities will be planned and will include nutrition and physical activity components | <ul style="list-style-type: none"> <li>Connectivity school/home</li> <li>Use Math Night/Parent Night to promote healthy foods for family wellness activities at home. Serve healthy snacks; provide extra food as well and food for families to take home; have cake walks</li> <li>Have ‘Safe Routes to School’ staff come and talk</li> </ul> |

### Section 6. Implementation, Evaluation & Communication

| Item No. | Statement  | Committee Recommendations   |
|----------|--|---|
| IEC5     | Addresses annual assessment of school wellness policy implementation/progress toward wellness goals. | <ul style="list-style-type: none"> <li>Not previously addressed in Wellness Policy</li> </ul> |



**Other follow-up items for incorporation into revised Wellness Policy:**

- Chocolate milk day is currently once per week. Students take/eat more on chocolate milk day. We serve fat free/cane sugar chocolate milk. Possibly offer more than one chocolate milk day.
- Juice (resume giving juice; sugar in absence of fiber)
- Donate uneaten food that students leave on their trays but don't eat (new California law allows schools to donate leftovers)
- Student Survey
- Breakfast food items
- Active Recess with Sonoma State (address this in our policy)
- Center for Well Being – address this in our policy
- Harvest of the Month (education goes along with monthly food items). We currently do not have a grant for Harvest of the Month (Wright Charter purchased this in SY 2016-17)
- Taste testing
- Students are tired of eating pizza
- Students loved the fettuccini alfredo
- Fundraisers
  - Gift wrap fundraiser
  - Take page out that addresses food

**b. Wellness Policy goals (LEAs must review and consider evidence-based strategies):**

**Adam Schaible**

After committee members provided input for improving the “0” rated scoreboard items, Superintendent Schaible said that he will revise the specific committee comments and bring them back to December 13<sup>th</sup> Wellness Committee meeting for implementation of the updates to the District Wellness Policy.

**4. Handouts:**

- a. WESD's WellSAT Scorecard Results
- b. Revised pages from Wellness Policy on Physical Education and Nutrition:
  - Table of Contents
  - Restricting Food and Beverage Marketing in Schools (p. 10)
  - Revised Resources pages from Wellness Policy on Physical Education and Nutrition:
    - Food Marketing to Children
    - Final Rule for Local School Wellness Policies, Action Steps for School Year 2017-18
- c. Memorandum regarding advertising food related fundraisers. AS sent memo to principals in August. We addressed this. Students can't carry home cookie dough flyer (JXW lost \$6,000 last year). This greatly reduced fundraiser. Big impact school-wide on sales revenue.

**5. Next Meeting:**

- a. Date: Dec. 13, 2017
- b. Time: 1:45 pm-3:00 pm  
Location: Wright Charter School Staff Room

**6. Agenda topics for next meeting:**

- a. Superintendent Schaible's follow-up from committee members comments.
- b. Student Survey – get student feedback (provide students with a list of the foods we serve for their response. Cathy Moura will request the assistance of the three site student councils in the development and execution of the survey.
- c. Maas Anderson's math class can score surveys to tally up percentages.
- d. Cathy to provide entrée list.
- e. Cathy to provide update about how the breakfast program is looking.

**7. Meeting Adjournment: 3:00 p.m.**