

# San Gabriel Unified School District Wellness Council Meeting (SGUSD-WC)

## Minutes

11/15/16

3:15-4:30 PM

District Education Center

In Attendance:

**Sheri Rueter** (Lead Nurse), **Leah Rodarte** (Health Aide), **Adela Angiuli** (SEF), **Cheryl Wilson** (Principal Roosevelt), **Marcella Raney** (Occidental College Professor), **Adam** (Occidental College Student), **Ross Perry** (Principal Washington), **Millie** (Special Ed Teacher Coolidge), **Mariamanda Sarabia** (Food Services), **Kristin Fyfe** (Food Services), **Angela** (LACDPH nurse)

### **The meeting was convened at 3:15 PM.**

- Sheri Rueter welcomed everyone and participants introduced themselves. Minutes of the 10/11/16 meeting were reviewed and accepted.

### **Progress of School Wellness Initiatives**

- Reviewed goals – We are on the way to getting those school site wellness councils. Washington, Roosevelt, Coolidge, and others have already started. Student input will be a big one that we need to do.
- It is time to reach out to the larger parent group in the community to share School Wellness initiatives. Newsletters need to share what is currently available to the community in terms of programs.
- Community partners have dwindled as we focused more on policy, but we are hoping to increase that participation again, with City of San Gabriel, Hospital, etc. The City's Department of Community Development could be a good partner for shared initiatives in particular. Physical activity is an important goal as well that could be expanded through partnerships.
- SEF is working on grants to expand the nutrition education and cooking program at Jefferson to other schools with no fee. We believe cooking is an opportunity to learn good nutrition. Students are creating memories and plans future healthy eating using fresh ingredients. Parents are seeing changes in student eating behaviors. There have been 20 students per class and 5 classes so far, so about 100 students have been served. Students tried produce different ways: cooked, raw, etc. SEF would also like to include nutrition in SEF quarterly newsletter.
- Food Services shared Nutrition Advisory Council plans to involve student leadership in educating students about school meals and soliciting student input to make school meals more appealing.

### **Brainstorming activity to create action plans for the goals:**

#### **#1 Establish a site wellness council at each school site.**

- Need new lead teacher for wellness council
- Recruit students

- When recruiting students, ask them to come up with mission statement and goals that would be kept on record. Ask students to help identify successors and mechanism for relaying work already done.
- Allow 5<sup>th</sup> graders or older students to teach younger students everything they know/have learned about nutrition, could be in small groups
- Create a parent flyer – January and April meeting
  - For parent flyer, include a suggested challenge for the family.
- Add item to Coffee with Principal – December
- Connect students with Kristin – field trip
- Pre-calendar 3 meetings a year (one per trimester) for next year

**#2 Encourage and expand opportunities for student input in the areas of health, wellness, and food services.**

- Cooking demonstrations, expand to all the schools, show students benefits of fruits and vegetables, how to incorporate into each meal.
  - Integrate into other subject areas
- Nutrition Advisory Councils to act as liaisons between students and the cafeteria
- Students that go through SEF program can lead class on nutrition and food prep
- Involve student council or other existing student leadership groups
  - Determine which group of students
  - Identify a teacher to lead
  - Create a meeting schedule for the year with topics and activities that will be covered
- After school enrichment club
- Incorporate into opinion writing in the classroom – writing contest
- Field trips to the district kitchen to involve in writing contest
- Comment box in cafeteria for those who have ideas or comments on the food or ideas for options. Also, they can make requests for meals they like more.
- Surveys rating new items
  - Rating boards with smiley and frowny faces for each grade level like district in San Diego; take down between lunch runs
- Survey on what students would like to see on the menu
- Google survey for upper grade students
- Taste testing new products and having students evaluate them
- Having students create a menu day for each month
  - Find 10 willing teachers in each school level (elementary, middle, high school)
  - Conduct cafeteria tour and MyPlate nutrition lessons so they're familiar with the meal components
  - Provide worksheets for teachers to use with students
  - Food Services verify the menu complies with USDA rules
  - Determine when it can be added to menu
- District/Student committees for food input
- Student-chosen physical activities
- Ask students if there is any physical activity equipment they need

- Create programs for physical activity that are exciting to students – broadband – dance programs, etc.

### **#3 Educate students, families, and staff regarding federal, state, local and district health and wellness regulations, vision, and initiatives.**

- Use technology when applicable; send emails to parents, refer parents/staff to informative websites, allow students to do directed research online and make mini reports.
- Involve the PTA
- Use students as facilitators and allow them to educate the community and other students.

### **#4 Expand community partnerships and collaboration in wellness initiatives.**

- Expand community partnerships involve county public health nurses, emergency preparedness, zika, working with libraries, working with other community agencies and partners
- Increase parent involvement in schools and the home. In quarterly newsletter, reach out to different local agencies to request an article submission so they see what programs are available throughout city.
- Assess and increase the impact of the nutrition education efforts through partnerships planning meetings
- Develop programs that move to increase parent involvement in food, fitness & nutrition related issues in the home.
  - To get parent buy-in it will be important to provide parent-specific education so they feel empowered to make changes.

### **#5 Increase physical activity opportunities at all school sites.**

- Seek a grant for early morning activity clubs at each school site.
- Collaborate with City of San Gabriel to promote after school physical activity. Meet with City to find more about what programs the city is running. Provide a list of activities available nearby (e.g. free ice hockey in Pasadena for students with disabilities, soccer for children with special needs in Alhambra). Also provide information on scholarships and other ways to fund PA.
- Evaluate playgrounds and activities available
- Look at compliance with PE standards with minutes and classroom size.
- Develop quality before and after school activities.
- Allow students to develop their own ideal playground activities.
- SEF could possibly allocate funds for needed PA equipment.
- Jog-a-thon and mile club utilizing parent volunteers.
  - Novelty is important to keep participation of older students.
- Grade level sport competitions (or primary/upper grade)
  - Determine timeframe and how often
  - Have a meeting with PTA
  - Recruit volunteers from PTA or through an announcement

- Organize competitions around a variety of different physical activity skills to give a variety of students the chance to win
  - Greater variety of sports equipment and more sport equipment
    - Recyclable items (crates, big water bottle used as football) could be an option instead of all new equipment to spark students' creativity and teach about the environment.
    - Look for grants for sports equipment like Action for Healthy Kids and Fuel Up to Play 60
  - Joint use agreements with communities to boost physical activity. Allow community members to use school space who may have students going to that school in the future.
  - Before school parent-child walking club
    - Have healthy snacks available after the walks if available in budget
  - Before school physical activity assemblies
  - Before school physical activity during morning announcements, with Instant Recess possibly led by students. Peer led PA workshops high school to middle, middle to elem. Field trips PA and environment education. Posters promoting PA on walls. stand up learning stations in classrooms. Almost piloted bike work stations for students
  - After school sport skill training workshops
    - Especially make these workshops known to parents, who can then encourage reluctant students to find a sport they enjoy
  - Peer physical activity workshops – high school students go to middle and middle go to elementary to lead students
  - Physical activity posters in school hallways to increase salience of physical activity for students
  - Stand-up learning stations in classrooms
  - Field trips to local parks that include physical activity and environment education
  - Provide incentives for physical activity such as bike giveaways
  - Grant for early morning “running/walking clubs” at each school site.
  - Collaborate with City of San Gabriel to promote youth activity after school hours.
  - Produce a list of all sport opportunities close by and how to access them if scholarship is needed.
  - Evaluate – playground/recess activities and improve.
    - Recommend asking students to design their ideal playground/activity options
  - Look at compliance with state regulations for PE
  - Make use of parent volunteers (mile club, walking, etc.)
- Dr. Raney briefly previewed presentation playground renovations. Adding color by painting playground asphalt increases physical activity. Renovations added trees, and boulders the students can play on. They also had an outdoor classroom/literacy garden, track, and added grass. An organization called LA Works organizes volunteers to work on beautification projects like schools.

**The next meeting will be held May 2, 2017.**

**Meeting Adjourned at 4:30 PM**