

**Lodi Unified School District
Wellness Committee Meeting Minutes
McNair High School – Culinary Arts Café
September 18, 2019 3:30 pm – 4:30 pm**

Present: Melissa Allen (LUSD Nutrition Services), Susan Henderson (LUSD Nutrition Services), Cindy Oliver (LUSD Nutrition Services), Debra Aguilera (LUSD Nutrition Services), Nancy Rostomily (LUSD Nutrition Services), Lorena Hoyos (UCCE), Brandy Campbell (Parent), Daniel Kim (SJCPH), Roselena Menendez (SJCPH), Shamari Lathan (Public Health Advocates), Joyce Bishop (UCCE).

The meeting was opened at 3:40 pm by Melissa Allen.

Review of Past Meeting and Projects in Progress

- Previous Wellness Committee Minutes from April 10th were discussed:
 - Wellness Policy Assessment Tool Revision and updates – pending and ongoing. Currently in an assessment year, more information under new business.
 - Brochures on Fundraising – pending and ongoing. Fundraising brochure was created to make the fundraising process easier to staff and parents in LUSD. This would include what items can or cannot be sold in schools to children.
 - Final Rule on Marketing – Update
 - Tabled until additional information from CDE is available.
 - Summer Kick-off Event June 3, 2019 – Recap
 - The summer kick off took place at Heritage Elementary on June 3rd. this was the first day of summer feeding for the community. The event was successful! Over 200 community members were present with health education and wellness messaging. Nutrition Services is hopeful to do another kick off this upcoming summer for our summer program.

New Business

- **What is the Wellness Policy, Committee, and Assessment?**
 - The Wellness Committee and Policy were part of the Healthy Hungry Free Kids Act (HHFKA) of 2010 as a framework for schools to create guidelines on specific topics in schools. These topics includes nutrition, nutrition education, standards for all foods and beverages provided and sold to students, food and beverage marketing, and community involvement. Meetings are held quarterly, 4 times per year.
 - Information on Wellness Committee Meetings and policies can be found on the Lodi Unified Website and Nutrition Services Website. Foodservice.lodiUSD.net, and www.lodiUSD.net
- **Wellness Committee Goals for 2019-20 School Year**
 - Student Survey - Determine why students aren't eating in our cafeterias and work to resolve what is keeping them from eating with us.
 - Last school year student survey update
 - Bid/procurement process
 - Students were included in the bid and procurement process for new food items. Students sampled new items and voted for what they liked the best. We are having a positive outcome - hearing positive feedback in the cafeterias, the students like what they are being served.
 - Increase fundraiser awareness and use of available Smart Snack compliant items through our department.
 - UCCE wants to partner together to bring fundraiser awareness to the schools, and pilot the fundraising brochure with a school site.
 - Triennial Assessment Year

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- In 2016, CDE updated the final rule for local school wellness policy, stating that the wellness policy must be assessed every 3 years, or by June 2020. We are currently in an “assessment” year, and will be looking at our wellness policy to satisfy the state requirements.
- WellSat Assessment
 - WellSat is an online survey tool that can be used for assessing local school wellness policies. Melissa took the survey to see how long the process takes, which only took 30 minutes to complete. Recommending the wellness committee break down the wellness policy at the next meeting and take the WellSat assessment online together. This will determine what verbiage or additional language needs updating in the policy. This will also satisfy the state requirement for assessing the wellness policy.
- Update Board Policy
 - Draft wording to include in the wellness policy after taking the WellSat assessment. Pending.
- **Share Table Pilot – Update**
 - Share Table Pilot program has been brought to Lodi Unified at selected schools. This program has been well received. After fall break, this program will be brought district wide. Ongoing staff and site training are needed for this program to be successful.
 - UCCE requested the training materials and marketing for the Share Tables to help in their Smarter Lunchrooms cafeteria monitoring.
- **Other comments, feedback, and Ideas:**
 - Idea - Is there a way to send ongoing health messaging home to families? I.e.: fundraising, smart snacks, Rethink Your Drink, Healthy Relationships.
 - May be able to utilize PeachJar through Lodi Unified to develop healthy messaging to send home or make available to families.
 - The students get the messaging at schools, but the families at home also need health messaging to support change.
 - Idea - Resources during lunch:
 - Lunch or Assemblies for students, ideas:
 - Healthy Relationships
 - Safe places to go
 - Mental health, wellness, whole body health
 - Dental health
 - Also make these subjects available to parents
 - Potential partnership with UCCE, Public Health, or Lodi Memorial?
 - Comment - Need a bigger push for mental health awareness in students, and include in wellness policy.
 - Feedback - Do call outs and reminder emails for Wellness Committee Meetings sooner. 1 week prior to meeting – do call out and email, Monday before meeting do a reminder email.

Wrap-up and Plan

- Meeting 2: Review wellness policy, take WellSat assessment
- Meeting 3: Propose changes for wellness policy
- Meeting 4: submit changes to LUSD Board, set goals for school year 2020-2021

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Next Wellness Committee Meetings:

November 13, 2019 – Nutrition Services, 840 S. Cluff, Lodi

February 12, 2020 – McNair High School, 9550 Ronald E. McNair Way, Stockton

April 15, 2020 – Nutrition Services, 840 S. Cluff, Lodi

The meeting was closed at 4:30 pm by Melissa Allen.

LUSD Wellness Policy and other Board Policies can be found below:

www.lodiusd.net > Board of Education > Board Policies > Series 5000 – Students