

Lodi Unified School District
Wellness Committee Meeting Minutes
Ronald E. McNair High School Culinary Arts Classroom
February 12, 2020 3:30 pm – 4:30 pm

Present: Susan Henderson (LUSD Nutrition Services), Cindy Oliver (LUSD Nutrition Services), Nancy Rostomily (LUSD Nutrition Services), Joyce Bishop (UCCE), Sonia Fernandez Arana (Dairy Council), Hilda Rice (SJCPH), Ava Acevedo (Lodi High School Student), Susan Macfarlane (LUSD Board), Cindy Parker (LUSD Nutrition Services), Mark Britton (Parent), Lilly Lim (Tokay Student), Rosa Elena Menendez (SJCPHS), Lorelei Cruz (Tokay Parent), Shamari Lathan (SJCPH Advocate), Tony Acevedo (LH Parent), Melissa Allen (LUSD Nutrition Services).

The meeting was opened at 3:30 pm by Susan Henderson.

Review of Past Meeting and Projects in Progress

- Previous Wellness Committee Minutes from November 13, 2019 were reviewed with no needed changes noted:
- Share Table Update –
 - Successes:
 - After an increase in waste noted due to the novelty of putting items on the Share Table (K-6 grades), waste has decreased, especially in the secondary schools.
 - Challenges:
 - Adults are continuing to take time to learn the new program, and are being encouraged to not insist students take foods that they will not eat.
- Meeting Call-Out:
 - Meeting Call-outs done earlier has been successful. Will continue to send out earlier notification.
- Mental Health Awareness Resources for Students during lunch:
 - Paul Warren, Coordinator for LUSD Mental Health Services, noted that his department is working to increase access to mental health resources for students. Currently there is a mental health services staff person at all Title 1 schools once a week. All schools have access to mental health services staff in the event of an urgent need. At some schools, Speech Language Pathologists conduct Friendship Groups during lunches for the students. Paul answered questions from the group. A suggestion was made to Paul to consider finding a way to inform students of mental health services available to them
- **WellSAT 3.0**
 - The WellSAT 3.0 assessment tool was filled out prior to this meeting by Nutrition Services. It was found that while many of the indicators on the WellSAT 3.0 assessment tool were not met through our Wellness Policy, these indicators are met in other District Board Policies. Use of all District Board Policies to address indicators on this assessment tool revealed that our District Policies meet, and in some instances exceed, indicator requirements. Nutrition Services is recommending the WellSAT 3.0 assessment tool be posted on our website, as is required, with Board Policies other than the Wellness Policy noted, as needed, when they are used to meet indicator requirements. Discussion followed with approval from the Wellness Committee to follow this recommendation.
- **Wellness Committee Goals for 2019-20 School Year**
 - Student survey update:
 - Melissa Allen provided a draft student survey form. Discussion followed with suggestions taken for revision.

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- Other methods to increase participation that are being done:
 - New recipes are being tested at schools for acceptance.
 - Student focus groups. Currently have a vegan vegetarian focus group helping to develop vegan menu options at Lodi High School. Nancy Rostomily provided information on two pilot studies that our district will be involved in. These incorporate focus groups in the studies.
- Increasing fundraiser awareness and use of Smart Snack compliant items:
 - Melissa Allen is composing an email to Principals encouraging them to adhere to Smart Snack guidelines for their spring fundraising.
 - A brochure from Fallbrook Elementary School District was provided as a sample of what our district could do to raise awareness about school nutrition, fundraisers, and class celebrations within our district. It was decided to use this as a model for a brochure that we can make. It will go out to parents, regional PTAs, teachers, athletic directors and others that are involved with student food.

New Business:

- **Wellness Policy support data location for families:**
 - Nutrition Services is recommending the development of an online access to local activities supporting nutrition, physical activity, and wellness. This online access would give families the opportunity to see, and connect with, upcoming activities that support our wellness message. Discussion followed. Suggestion made to contact Chelsea Vongehr, Public Information Officer, to obtain information/links to upcoming events and to develop this online access. Susan McFarland also gave information on the LUSD smartphone app that has a calendar with upcoming school information on it. Information on this app could be listed on Nutrition Services' website.

Action Items:

- 1) Nutrition Services to make draft of "Guide to Food in Schools" brochure and present at next Wellness Committee meeting.
- 2) Melissa Allen to send out email to Principals (and Secretaries) regarding information on Smart Snack compliant foods for spring fundraisers.
- 3) WellSAT 3.0 assessment tool to be posted as the District Wellness Policy #5030 assessment on Nutrition Services' website. Indicators met with Board Policies other than BP #5030 Wellness Policy will be noted on this assessment.
- 4) Nutrition Services will put information on their website regarding downloading LUSD app for information on upcoming events. Chelsea Vongehr will also be contacted for support regarding providing links to upcoming wellness-based activities on our website.
- 5) Middle School cafeteria survey to be completed by end of school year.

Next Wellness Committee Meeting:

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

The meeting was closed at 4:30 pm by Susan Henderson.

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

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