



## School Wellness Committee Meeting Minutes

---

**Date of Meeting:** Monday, January 22, 2024

**Time:** 3:00 pm – 4:00 pm

**Location:** Laveen Education Center, Room 144C

**Attendees:** Jennifer Gordon, Katie Christopher, Christopher Madrid, Sara Contreras, Abby Storkel, Kimberley Christensen, Aldo Robles, Jonathan Rohloff

**Led by:** Jennifer Gordon

### Notes

- The committee assembled for the second time for the 2023-2024 school year.
- The new committee members that have joined since the first meeting are as follows:
  - **Aldo Robles** – Estrella Foothills Global Academy (EFGA) Physical Education Teacher
  - **Kimberley Christensen** – District Nurse (Rogers Ranch, Paseo Pointe, Desert Meadows)
- Jennifer Gordon, Chair, presented on the following:
  - Last Meeting Recap
    - Discussed what wellness meant to committee members individually
    - Explained the past Wellness Committee meeting and how the group determined what to implement and/or improve based on Activity and Assessment Tool (AAT) results
  - Activity and Assessment Tool
    - Child Nutrition Department will complete the Nutrition Promotion section
    - Reviewed the Nutrition Education section together and discussed what nutrition education looks like at EFGA and Paseo Pointe Dual Language Academy (PPDLA)
    - Discussed that another district has adopted a curriculum by Robert P. Pangrazi
    - Discussed that the district allows PE teachers to implement a curriculum that they see fit as long as they are meeting the CORE standards
    - Currently Cheatham Elementary School is receiving nutrition education flyers that pair with the Fresh Fruit and Vegetable Program; additionally, the Blue Watermelon Project provides gardening, cooking, and nutrition information to some students
    - Laveen Elementary School currently has a garden facilitated by Mary Turner who teaches a K-5 self-contained class
    - Currently PPDLA has 40 minutes of recess available for students (20 minutes for eating at lunch for K-5 and the next 20 minutes for outdoor recess)
    - Discussed how the schools vary in PE class offerings to students (some do week blocks where they will see students every day for a

week at a time; others do 2x/week); PE in middle school is an elective

- Stopped discussion at “Before and After School Activities”
- Next Steps for Wellness Policy Discussion
  - Katie will create brief survey for PE teachers to ask more specifics of PE class offerings to help in completing the AAT and provide to Aldo Robles to share at PE teacher meeting on February 7th
  - Please continue to find out information at your designated school(s) and in your respective areas
- Current Progress:
  - Will pick back up next meeting with “Before and After School Activities” and any new information collected within the next month regarding topics mentioned on the AAT
  - Work to add additional committee members, specifically PE teacher(s)
- Questions/Concerns/Thoughts:
  - Any teachers interested in nutrition lessons by intern?
  - Please continue to review the AAT for your designated school and your respective areas.
- Next meeting: February 12<sup>th</sup> or 26<sup>th</sup>. Time and date TBD based on Doodle Poll results.