



## School Wellness Committee Meeting Minutes

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**Date of Meeting:** Monday, February 26<sup>th</sup>, 2024

**Time:** 3:00 pm – 4:00 pm

**Location:** Google Meets Virtual Room

**Attendees:** Jennifer Gordon, Katie Christopher, Cynthia Clark (Marshall University dietetic intern), Mariela Fernandez, Maria (Guari) Neisch, Abby Storkel, Aldo Robles, Kristi Mollner, Breanna Lewis, Christopher Madrid, Haley Barrong (ASU dietetic intern)

**Led by:** Jennifer Gordon

### Notes

- The committee assembled for the third time for the 2023-2024 school year.
- The new committee members that have joined since the first meeting are as follows:
  - **Brittney Downs**
  - **Cynthia Clark**
  - **Breanna Lewis**
  - **Mariela Fernandez**
- Jennifer Gordon, Chair, presented on the following:
  - Last Meeting Recap
    - Walked through Arizona Department of Education (ADE) Activity and Assessment Tool (AAT) and paused at the Physical Education (PE) sections to inquire data from PE teachers through survey.
- Aldo Robles, presented on the PE Survey Results
  - He provided the survey to all the PE teachers (PE teachers typically meet every 2-3 months)
  - PE teachers are in agreement that students would benefit from more physical activity throughout the day
  - PE teachers are concerned that physical activity is not encouraged during recess, but that recess supervision is more behavior management-focused instead of encouraging students to play and exercise
  - Want ALL students to be included in physical activity; regardless of ability or grade level
  - Aldo mentioned activity before school would help students to get out jitters before school but staffing would be needed
  - LESD has a lot of great facilities and equipment when compared to other districts
  - Minutes of physical activity vary from school to school depending on scheduling for PE, but semesterly looks alike
  - Professional endorsements vary from PE teacher to PE teacher
- Dietetic Interns
  - Haley (ASU) and Cynthia (Marshall Univ) talked about what projects they are currently working on in their dietetic internship including activities for taste testing at our schools in conjunction to our partnership with Life Time Foundation; as well as National Nutrition Month social media and nutrition lessons, and National School Breakfast Week efforts
- Jennifer Gordon, Chair, continued to review the sections of the ADE AAT
  - Showed new members the AAT from 2020-2021

- Pulled up the new assessment and talked about Nutrition Promotion
- Farm to School -- Any schools with gardens that we are unaware of? In the works of a garden?
- Nutrition Education – not done a lot right now
- Cheatham – FFVP Nutrition Education and Blue Watermelon partnership
- Active Transport – all schools have Crossing Guards and crosswalks; an area that we need to do more research on
- Currently LESD does not have a SNAP-Ed partner; this would help with nutrition education being provided at our schools
- Paseo Pointe – APEX – physical activity related fundraiser (TSP looking to do this as well)
- Jennifer has a lot of time with administrators that she can ask school administrators questions to fill in the gaps
- Staff Wellness – Well Styles Program
- Regarding Health Education, the three District Nurses are responsible for supervising the Health Associates, medication administration, reports, immunizations, and help as needed at different schools
- Need to define what a “health professional” is that is mentioned in the AAT
- Need to define seated time – the amount of time to eat their meal – does LESD have a minimum standard?
- As a wellness committee, members can help with enforcing Smart Snack standards
- As the Child Nutrition program, it is our job to control what is in our kitchen, but it is hard to be the food police for foods and beverages that are sold/served outside of the cafeteria
- Child Nutrition wants to educate, inform, and offer solutions to meet Smart Snack standards, such as non-food based rewards
- Next Steps for Wellness Policy Discussion
  - We will finish filling out this form and ask for some help to fill in the gaps
- Current Progress:
  - Completely finish the AAT
  - Consider applying for the USDA Fresh Fruit and Vegetable Program this next school year!
- Questions/Concerns/Thoughts:
  - Please continue to review the AAT for your designated school and your respective areas.
- Next meeting: March 25<sup>th</sup> or April 1<sup>st</sup>. Time and date TBD based on Doodle Poll results.