



School Wellness Committee Meeting Minutes

Date of Meeting: Monday, April 29th, 2024

Time: 3:30 pm – 4:30 pm

Location: Room 144C

Attendees: Jennifer Gordon, Katie Christopher, Sara Contreras, Breanna Lewis, Abby Storkel, Maria “Guari” Neisch, Christopher Madrid, Brittney Downs, Aldo Robles

Led by: Jennifer Gordon

Notes

- The committee assembled for the fifth and final time for the 2023-2024 school year.
- Jennifer Gordon, Chair, presented on the following:
 - America’s Healthiest Schools Award Recap
 - At our last meeting (4/1) Emily Thege walked us through the application process for the America’s Healthiest Schools Award.
 - We realized that we do a lot with nutrition education, employee wellness, social/emotional learning through our PBIS program, and student health screenings.
 - We applied for 4 schools – Cheatham (Nutrition & Food Service, Health Services, Social & Emotional Wellness, and Cultivating Staff Well-Being); Desert Meadows (Health Services, Cultivating Staff Well Being, and Social and Emotional Learning); Rogers Ranch (Health Services); and Paseo Pointe (Health Services).
 - We haven’t heard back yet about the results, but will let everyone know the results when they are released.
 - The award criteria would be a useful tool for goal setting and implementation in the future.
 - Cheatham is looking at changing their school’s social committee to health and wellness committee because they have already been planning events around physical activity.
 - Desert Meadows talked about creating a wellness committee and is looking into tobacco prevention programming.
 - Discussed the different applications and how the items that we couldn’t check off this year for award criteria can be a directive for what to implement in schools next year.
 - Alliance for Healthier Generation has an assessment that can be done at each school to see what items could be worked on for next year.
 - Talked about intentionally inviting parents to wellness committee meetings, Smart Snacks guidelines, healthy fundraisers (obstacle course, color runs, etc.), MC Cash – garden grant from Sprout’s, and connecting schools to help with initiatives.
 - Fresh Fruit and Vegetable Program
 - We have applied for 5 schools next year Desert Meadows, Paseo Pointe, Rogers Ranch, Estrella Foothills Global Academy, and Cheatham.
 - Currently awaiting results for this grant, which should be available in May.
 - Triennial Assessment Final Recap

- Sent surveys out to principals, surveys and follow-up to PE teachers.
 - Reviewed results from Triennial Assessment.
 - USDA says you can use any assessment; the one that we are currently using is created by ADE.
- Next Steps for SY24-25 Wellness Committee
 - Working on items in the ADE AAT and America's Healthiest School Award that we can implement next year.
 - Look at our Laveen ESD Wellness Policy.
- Current Progress:
 - Trying to get connected with SNAP-Ed programming in their next grant cycle.
 - Successes: Applying for FFVP & America's Healthiest School Award; completing the ADE Activity and Assessment Tool.
- Questions/Concerns/Thoughts:
 - Are you interested in continuing on the committee?
- Next meeting: Fall 2024 (likely September) – email with more information to come.