



## ***San Lorenzo Unified School District Health & Wellness Advisory Council***

**Date:** Thursday October 26, 2017

**Time:** 3:45 p.m. to 5:15 p.m.

**Location:** San Lorenzo Adult School Room A

**Invitees:** Aaron Freitas, Rachel Gekas, Sam Medina, Fred Brill, Thomas Kim, Kyla Sinegal, Amy Capurro, Julie Wolfe, Vee Thomsak, Damion Mitchell, Mimi Dean, Judy Pape, Grecia Gomez, Linda Preminger, Rachel Lerman, Toya Sonnier, Patty Tikotsky, Barbara Wellman, Terri Kaneko-Perry, Don Carpenter, Melinda Stahr, Claudia McDonagh, Doug Spalding, Lorine Bakowsky, Cara Levin, Alan Fishman, Doug Marr, Rick Hatcher (HARD), Val Hetherton, Laura Low, Rosa Marcelo, Wendy Green

### **AGENDA**

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**I. Amy Capurro, Coordinator of Special Services, as facilitator for this Council (5 minutes)**  
a. Welcome, Introductions and Icebreaker

**II. Review Group Norms (5 minutes)**  
Start and end on time/follow time schedule  
Respect each other's thoughts  
Equity of voice  
Assume positive intent  
Have a problem solving, action, and goal oriented focus  
Think outside the box  
Have fun  
Establish clear next steps

**III. Review and Revise Draft Mission: (10 minutes)**

*The Health & Wellness Advisory Council recognizes the link between student health and learning, and will collaborate with District and community partners in providing educational programs and promoting healthy eating, physical activity, recycling, gardening and overall health. The Council will recommend policies, practices and accountability systems to ensure students, staff and families live, learn and work in a healthy environment and support wellness throughout our schools and community.*

**IV. Review the task of the committee as it applies to Board Policy 5030 (10 minutes)**

**V. Review/Discuss Identified Areas of Focus for the Council: (15 minutes)**

- a. Safe, Healthy and Nutritious Lunches
- b. Student Health and Wellness
- c. Student Fitness and Physical Activity
- d. Green, Sustainable District-wide practices
- e. Environmental Education for Students
- f. Gardening Programs
- g. Community Involvement and Partnerships
- h. Communications

**VI. Consider Sub-Committees (15 minutes)**

**VII. Review results of garden survey (10 minutes)**

**VIII. Meeting Outcomes**

- a. Review/Approve mission statement for the Health and Wellness Council
- b. Review Board Policy 5030
- c. Establish sub-committees
  - Areas of focus
  - Needs assessment
  - Develop action plan
  - Develop resource bank

**IX. Review Desired Outcomes for the Council (5 minutes)**

- a. Develop a Health and Wellness Plan
- b. Establish Key Metrics

**X. Create a timeline for the work (5 minutes)**

**XI. Follow up/Next Steps (5 minutes)**

**XII. Next meetings**