



San Lorenzo Unified School District Health & Wellness Advisory Council MEETING MINUTES FROM 2/28/19

Date: Thursday 2/28/19

Time: 3:30 p.m. to 5:00 p.m.

Location: Educational Services

Attendees: Rachel Gekas, Sam Medina, Sandra Frost, Kate Casale, Anita Johnson, Claudia McDonagh

I. Co-Facilitators Amy Capurro, Director of Special Services & Rachel Gekas, Director of Child Nutrition

II. Updated progress on year 2 goals and next steps. See below for the notes from the meeting.

- a. Principal & Staff Survey on ideas of what a Health & Wellness Coordinator position might do.
Amy to send draft survey via email to the group to review prior to the next meeting, if available. Kate will bring health and wellness job descriptions for the team to review next meeting. Rachel to reach out to Don Carpenter to suggest sharing the survey, once available, at next Principal meeting.
- b. Future partnerships & funding sources update
Kate provided 3 potential partnership opportunities:
 - **Numi Tea, based in Oakland, focuses on wellness & gardens. \$1,000 offered to schools to use for supplies & fund a farm fieldtrip with the commitment to use their curriculum that meets common core standards**
 - **Food/Agriculture/Health Pathways aims to revitalize school gardens & connects students with culinary interests; students may possibly receive school credits**
 - **County Health Department (USDA Funding) – engages students on becoming garden stewards, peer educators (looking to work with 40 high school students and 20 middle school students annually); possible summer bridge program for incoming freshman; providing garden education for afterschool or summer programs; PE Teacher engagement****Sandra discussed the following possible partnerships:**
 - **Public Health Commission – has a strategic plan for the next 5 years & considering requests for project support that encompass Mental Health, Nutrition, Physical Activity...**
 - **Community Alliance of Family Farms****Sam's priorities include Health & Wellness Coordinator, Garden Coordinator & Common Vision**
- c. Student Focused Goal – establish a poster contest
Discussion around replacing our current goal of establishing a poster contest & creating a BADA video (e) to working with the Student Advisory Committee to determine student focused goals based on their specific feedback/needs
- d. Establish garden parameters for district (what should a garden look like? Where should it be located; do's and don'ts for gardens) **Update not available; Sam to work with Claudia, Doug, Rick, Don (Del Rey staff) & Mimi on establishing garden parameters**
- e. BADA Video – it was suggested that we might partner with BADA to create a video about our school gardens and other health and wellness areas.
See (c) above

III. Future Meeting Dates:

March 21, 2019 – Council Meeting

April 23, 2019 – Council Meeting

May 16, 2019 – Council Meeting

June – TBD – Board Meeting Presentation