



San Lorenzo Unified School District
Health & Wellness Advisory Council

Date: Thursday January 25, 2018

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

Location: San Lorenzo Adult School Room 2

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

Mission Statement: *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, both inside and outside the classroom, and promoting healthy eating, physical activity, recycling, gardening and overall physical, mental, and emotional 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.*

AGENDA

- I. Amy Capurro, Director Special Services, as facilitator for this Council (5 minutes)**
 - a. Welcome and Introductions
 - Prompt: What's one commitment you've made towards your health and wellness for 2018? And how are you doing at keeping that commitment?
- II. Review Group Norms (2 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 the Google documents and the task of the committee as it applies to BP 5030 (10 minutes)**
 - a. See Google folder for your subcommittee
- IV. Timeline (5 minutes)**
 - a. **February:** Subcommittees meet complete their templates
 - b. **March 22:** Committee meets to begin development of the student wellness plan
 - c. **April 24:** Student Wellness Plan submission date for May 1 board meeting
 - d. **Student Wellness Plan Board Presentation May 1, 2018**
- V. Work from the previous meeting (15 minutes)**

Green Sustainable Practices

Current members: Claudia McDonagh, Aaron Freitas, Sam Medina, and Mimi Dean

Proposed Areas of Focus/Discussion:

- Fulfilling state, county mandate and District resolution to reduce landfill to 10% and bring recycling/compost to 90%
- Training students and all staff to separate waste into 3 bins/dumpsters
- Improve campus gardens
- Sporks and juice boxes?
- Energy monitor for new classrooms
- Online books
- No more plastic water bottles

Gardening /Outdoor Classrooms

Current members: Don Carpenter, Patty Tikotsky, Doug Marr, Aaron Freitas, and Claudia McDonagh

Proposed areas of Focus/Discussion:

- Create and share a template for gardens and outdoor classrooms
- Survey ALL sites for what they are/aren't doing and want
- Guidelines and procedures for plants and construction
- Commitment in site plans to maintain outdoor gardens and projects

Mental/Social-Emotional Health

Current members: Amy Capurro, Rosa Marcelo?

Proposed Areas of Focus/Discussion:

- Student access to needed mental health and community resources
 - Social workers, psychologists, therapists
- Culture/Climate
 - Restorative practice
 - Responsive classroom
 - Toolbox; Soul Shoppe; Mindfulness
- Possible Metrics
 - Lower discipline rates
 - Decrease in office referrals
 - More student engagement in classroom
 - Attendance rates
 - Health kids survey

Child Nutrition

Current members: Rachel Gekas, Thomas Kim, and Doug Marr

Proposed Areas of Focus/Discussion:

- Current nutrition guidelines in the Food program
 - Consistent with federal regulations
 - Conducting analysis
 - Daily records
- Participating in National School Lunch Program (NSLP)/ School Breakfast Program (SBP)/After School Snack
- Free water
 - Fountains in/near f.s. area during mealtime
- Food outside of NSLP: no more a la cartes at sites
- Fundraising/rewards for behavior; need help
- Marketing/Advertising met through child nutrition
- Nutrition education
 - collaboration with teachers and health educators to meet curriculum standards
- Professional Development for child nutrition---met
 - Required Dietician requirements
 - USDA requirements for varying Child Nutrition staff positions

- Participation rates monitored frequently
- edit checks

Physical Activity/Education:

Current members: Fred Brill, Wendy Green?

Proposed Areas of Focus/Discussion:

- Opportunities for physical activity in PE
- Encourage walk/bike to school
- PD and cross discipline articulation
- Anti-bullying imbedded in all activities
- Promote physical activity among employees
- Provide education program: physical wellness
- Data on the number of minutes of PE at each grade level
 - Percentage of time on moderate rigorous physical activity

Health Education:

TBD

VI. Subcommittees: What have you done since then? (15 minutes)

Green Sustainable Practices: Sam Medina
Gardening/Outdoor Classrooms: Don Carpenter
Mental/Social-Emotional: Amy Capurro
Child Nutrition: Rachel Gekas
Physical Activity/Education: Amy Capurro
Health Education: Amy Capurro

VII. Meet in Subcommittees (35 minutes)

Work on Google document for your subcommittee
Schedule the date, time, and location of your next subcommittee meeting in February
All subcommittees must meet in February

VIII. Meeting Outcomes

- Review tasks required of the group as it applies to BP 5030
- Begin/continue work on these tasks by subcommittee
- Set time and date for your February subcommittee meeting
- Establish timeline for the Student Wellness Plan

IX. Desired Outcomes for the Council

- Develop a Health and Wellness Plan
- Establish Key Metrics

X. Follow up/Next Steps (3 minutes)

Subcommittees to meet in February to complete the templates in the google docs before the next committee meeting on March 22nd.

XI. Next meetings

Full committee meeting to meet on March 22nd