



Calistoga Joint Unified School District

Board of Trustees: Julie Elkeshen ♦ Matthew Reid ♦ Indira Lopez ♦ Jeff Maxfield ♦ Mark Galindo

Superintendent: Erin Smith-Hagberg

DISTRICT WELLNESS COMMITTEE

MEETING AGENDA

October 22, 2019

3:30 – 4:30 pm

District Office-Conference Room

3:30 Welcome/Introductions: Rosa Rubio, Ashley Bradford, lead cook elementary school, Michelle parent, since Andy was on it, Zach committee for a year, Reba grant for the county, Jenna Stewart, Calfresh, Regina, drug and alcohol and substance use, Yadira, parent, Raul Guerrero, Erik Heitz

3:40 What's our purpose? data collect data, assessments give to teachers

4:00 Review what has been accomplished:

4:10 goals, support school wellness policies systems change that we can help make, things that we could change, engagement, look at smarter lunchrooms, kids do the marketing, engagement with students, framework, farm to school network, overall school wellness policies, suggestion box for food items, lunch bucks in the cafeteria, to promote students to clean up and help others, rewards with snacks, coloring sheets,

PE teach a nutrition different lessons, in depth nutrition education, Ace program for fitness activities, not always tracked, give information to Ace, Brandon should be invited, B&G clubs, invite them new site director,

State data collection, site level assessment tools, direct education policy systems, environmental, look at evaluating this kind of work, site level tool, elementary and school childhood sites, separated into 9 sections, what's happening around wellness policies and should be in a wellness policy, meal environments the flow like in the environment, gardens, do we have them, what

is happening in that area, may be part of the district but nobody is aware of it, the tool, Healthy Kids, Mental Health,

Last year we focused on nutrition we missed the overall wellness,

Closed campus, leave campus, students are leaving campus, tracking body composition, child obesity, Wellness Fair, fitness test in PE noticed the kids time for the miles has gotten ridiculous, broad definition of wellness, what are you seeing California wellness, shared with parents, were told not to, fitness report card, they can't do that, help

Work is changing its changing the environment, it's a community involvement, suggestion taste testing, one a month tasting, Root Farm from Angwin, taste testing, flavor of the month, garden

4:20 What is our Greater vision

- **“one year plan”** reassessing our policy and then creating a plan, broader definition of wellness, and drug and substance use, getting parent involvement, giving their opinion, specific day, work with taste testing, no go, seniors form the mobile parks, fun day, see of 450 days, seniors in the community, a day to do a taste testing, hummus with different flavors, community enjoyed being here, 25% of the people living here are retired, offer parents families about nutrition and workshops, Calistoga Fit do some activities with parent and kids, active with families, teach people how to adapt, cooking demonstrations, the parents who are involved, they feel intimidated, concerned here in the community, people come out if you have the food, childcare, in meetings, Yadira suggestion how to make a salad with family, needs to be here with family, point of what to teach the families, Rega nutrition connect available to families, community understands the fitness, nutrition informational night, Wellness fair, Solage during open enrollment,
- **“five-year plan”** garden in CES, sign that says this was grown in your garden, garden club, garden at CJHS, its back again, Jeremy Grove, ask him if it's certified, incentive to play nice, farmers market is expensive, locals pay attention to locals,
- **“10-year Plan?”** farm to school

4:25

Clear direction of what we are going in, brainstorming, what do you want from me, easier, Wellness, invite the hospital, hydration station talk about the importance of hydration.

82 -53.7% rate

70 %percent mile run 7th grade scores

8th grade scores, half of our kid's nutrition based should be 20%

Should we host a wellness fair? LCAP results, encouraging students to sign up for athletics, social connections, contact at Adventist Health from, look the environment, more PE equipment,

Doing the assessment,

Next meeting, do the assessment and do a plan, engagement, physical activity, Cal fresh, Mental Health, LGBTQ, invite them, Culinary, students to showcase what they are doing, Springtime, music concerts make announcements, Nina Peterson, pull kids into band, music is mental, music going would they stay there, ACE goes into the cafeteria, healthy eating, parent lunch day, invite parents to lunch one day, would a Friday be the best day of the week, interfere with sports,

PTA meeting jog, rethink your drink program, try it but not provide it, on the jog-a-thon, spa water for the jog-a-thon, PTA is turning PTO can be districtwide,

Develop a google forms, survey monkey, google forms, wellness policy, wellness policy enforced, how to do a training, these are some things you can do in the classroom, prep before we enforce, Zach looking for the wellness policy, email addresses.

Future Meeting Dates/Locations, Meetings from 3:00 – 4:00 pm, (DO Conference Room) December 10, 2019, February 11, 2020 and April 21, 2020

