Wellness Meeting June 20, 2022

We had parents and CCUSD employees attend the meeting.

Copies of the Wellness Policy and the Comparison with a model policy given out.

Last year was reviewed.

The following topics were covered:

Mental health

Get with Social worker on what can be done regarding this topic.

Flyer/poster letting students know where they can go to talk to someone.

Nutrition Education

More nutrition information to the website (district or CN)

Videos on the fourth period announcements at the HS.

Education on menu TVs. Have dietetic interns update.

Send parents a reminder of the policy in an email.

Posters at the elementary schools.

Provide more information at open house/meet the teacher night/meet the coach night

PE/Physical Activity/Sports/Clubs

Recess before lunch – need to get Principals to agree. Some Elementary schools already do it

HS – students thought they should be required to take more PE

Sports are good but not everyone does an afterschool sport.

HS Powder Puff in the winter to encourage girls to learn football and raise money for cancer.

District wide challenge, incentive to exercise. Teacher give extra credit?

Normal PE activity

Lunch/Breakfast

More salads

Lower fat choices

Do a student survey (one at CSHS, one at STMS, and one at one of the Elementary)

Continue snack pack program to those who need it. Partner with Foothills Food Bank

Smart Snacks

Went over what it was and how PTO could sell item on campus. Smart Snack handout reviewed.

Would like to address classroom parties and food

Conclusion: We will make up a spreadsheet of things that would like to get address and assign roles to see if things can be improved for school year 2022-2023