

MUSD Student Wellness Committee 5/4 Meeting Minutes

1. Welcome and Introductions

Attendees: Anne Gibson (CBO), Orlando Orozco (Child Nutrition Director), Terry Gerner (Child Nutrition Consultant), Amanda Parkyn (District Nurse), Kelly Carrillo (Child Nutrition Operations Assistant)

2. MUSD Wellness Policy

- Handouts handed out to all attendees

3. Reviewed current MUSD Wellness Policy

- Seeking new Wellness Committee members for the upcoming 18/19 school year consisting of a School Nurse(s), Teachers, Principal(s), PE Teacher(s), Board Member(s), Member(s) of community.
- Administrator needed on Committee to ensure the Wellness Policy is being followed. (Recommended that Orlando Orozco, Child Nutrition Director be Administrator)
- Meetings recommendation be 3-4 times/year (Quarterly)
- Requirement for Child Nutrition to meet annually to ensure the policy is being followed.
- Recommendation to send surveys to principals or designee of how different areas of policy are being met. Meet with Donna Welch to discuss during Principals meeting.
- Work on risk plans is up to date.
- Monitor health activities, PE test scores to compare the previous year's results to check on student's health on a regular basis. (ex. Vision and hearing screenings which are optional) Get in contact with Chris Kelly to pull data from previous years data reports.
- Met with High School to ensure they are following the requirements when serving food. Ensure all sites that apply are following the Smart Snack requirements.
- Introduced New Salad Bars to serve fresh fruit and vegetables that are offered everyday

4. Moorpark Unified School District Board Policy on Wellness

- Updated policies will be added to Board Policies online on MUSD homepage as well as on the Child Nutrition site.

5. Current records documenting compliance with nutritional standards

- Standard Operating Procedures: Smart snack Compliance-Ensure guidelines are being followed
- Be More Comprehensive- Suicide prevention, PE test scores...ideas for future meetings.
- Look into Middle and High School student stores to ensure they are compliant
- **Classroom Celebrations**- Make principals aware of form and the compliant items are being served for celebrations. Ensure schools are following polices on 'rewards' or Classroom Celebrations. Recommendation to handout forms at Office Managers and Principals meeting to post in teachers lounges to make staff aware of policy. Limit to 1 party per class per month.
- Combine Risk Management and Wellness in the Future to come in together. Form added to District Nurse/Health Technician Website

6. Procedure for posting policy on website, at school sites, and the community at large and the District School Official responsible for oversight.

- Will provide a copy of The Wellness Policy in a folder to all sites to on "Info Wall" at site.
- Make office manager and principals aware of policy posted

7. Input on how to recruit new committee members

- Has the attendance been better or worse over the years
- Have each attendee extend an invitation to someone who is not on the committee to join the committee from the community.

8. Suggestions on how to develop a method for summary report on compliance with Wellness Policy

- Baseline Assessment Activity Environment Report and policies and what schools are doing to follow school health index (Counseling, Social Services and Community Environment)
- Physical Education , Core Curriculum
- TARA- Tobacco Use Prevention Education
- Heathy Kids Survey- Add questions to use as data to find information
- 16/17 information use as a baseline
- Summary of goals for upcoming 18/19 school year
 - State positives of Wellness Policy
 - Use Healthy Kids survey from previous years to compare
 - Attend parent meetings
 - Outreach to Stakeholders to be a part of plan and implementation
 - Plan on measuring effectiveness of Wellness Policy
 - Update public on policy
 - DELAC, ELAC, LCLF and PTA involvement

9. Next meeting-best time and date

- Schedule next meeting during early fall of 18/19 school year-Send invites and agenda to members
- Suggestion to have each current member invite a new member to join committee
- Look at goals for the next/upcoming school year
- Ensure district is following policy