

WPUSD Student Wellness Committee Meeting Minutes

Monday Jan 23, 2023

3:30 p.m. – Google Meet

1. Welcome & Introductions (*were present)

*Audrey Kilpatrick – WPUSD Assistant Superintendent Business & Operations

*Carrie Carlson – WPUSD Director of Business

*Christina Lawson – WPUSD Director of Food Services

*Emma Oehler – WPUSD Marketing & Communications Coordinator

*Rochelle Christopherson– WPUSD Admin Assistant Business

Enjoli Enriquez –Parent

Gina Pasquini – Principal, Foscett Ranch ES

Jack Gout – Principal, Scott M. Leaman ES

*Mike Hankins – Teacher, Lincoln High School

*Laura Estes-Admin, Lincoln High School

Kelley Gordon – WPUSD Nurse

Ana Castillo – Principal, Glen Edwards MS

Megan Dickson – Principal, Creekside Oaks ES

*Marjorie Proffitt - WPUSD School Board Clerk

Maria Parker – Parent/School/Comm Liaison

*Michelle Fisch – UCCE Supervisor, CalFresh Healthy Living

Paola Gachet – Parent/School/Comm Liaison

Rosabel Ortiz – Parent/School/Comm Liaison

Will Middleton – Principal, Twelve Bridges MS

*Rosemary Carter – UC Program Manager, CalFresh Healthy Living

Cecilia Sanchez – Paraprofessional

*April Rennie – Principal, Sheridan ES

Erik Yergensen –Assistant Principal, Twelve Bridges HS

*Chuck Whitecotton – Principal, Phoenix HS/Atlas

Megan Sponholz – Health Education Program Coordinator II, CalFresh Healthy Living

*Amie Skraber-Health Education Program CalFresh Healthy Living

*Randy Woods – Principal, Twelve Bridges MS

Jessica Roberts-Parent

*Zoe Nead-Student TBHS

*Brooke Blume-Student TBMS

*Hudson Sasaki-Student TBMS

Hailey Wetzstein-Student TBMS

*Edyn Waage-Student LHS

*Alex Dennis-Student LHS

*Livea Muqatash-Student LHS

2. Review of April 25, 2022 Meeting Minutes - Audrey

Audrey Kilpatrick presented the minutes from April 25, 2022 and went through each item. Motion to approve the minutes by Christina Lawson, seconded by Alexander Dennis. All approved.

3. Review 2022/23 Goals-Audrey

1. Continue to Update Wellness policy to comply with USDA Final Rule

Christina Lawson said by June 30, 2023 we need to update our Wellness policy and make sure it meets the USDA Final Rule requirements. The findings must be posted to our website. Audrey said at the next meeting we will recommend updates for the committee to review.

2. Increase Student Involvement and Participation in National School Lunch and Breakfast Program through social media and WPUSD Stakeholder input (student/parent surveys-April 2023)

In addition to the student/parent surveys that will go out in April, Christina said that once we hire a District Chef they will be going into the classrooms and get detailed feedback from the students about what they would like to see on the menu. One of the goals for the chef is to create 6 new recipes to go on the menu that are culturally relevant to WPUSD.

Audrey suggested we talk to the Principals and have them issue a challenge to the students to follow WPUSD on social media so they are more involved in seeing what's available and that they take advantage of the free nutritious meals.

Emma Oehler asked if the menu is on the morning announcements at each school.

Edyn Waage said she is the ASB president at LHS and they don't announce it, but will ask to put it in the morning announcements.

Audrey would like all schools to include the daily lunch menu in their announcements.

April Rennie said SES uses a sandwich board and lists the menu. They put it outside so the students walk by it and can see what is for lunch.

3. Continue to Promote Physical and Mental Wellness through nutrition education, student wellness centers, physical activities, school-based activities and community partners.

Audrey asked to hear from our Community Partners

Rosemary Carter, UC Program Manager, CalFresh Healthy Living said she is working with First Street and Sheridan doing tasting with students to get new items on the school lunch menu. In December they did a tasting of a vegan burrito 98% loved it and would eat it if it was on the menu. They also did a tasting of cheese tamales and it was not a big hit.

Amie Skraber-Health Education Program CalFresh Healthy Living said she will be working with Megan Sponholz and they will continue to work with the schools.

Audrey would like our community partners to let Emma Oehler know when they are going out to our schools so she can take pictures of tastings and other activities they do with our students and post them to social media.

Alexander Dennis, a student at LHS, would like us to promote our wellness center at LHS because kids need someone to talk to and most students do not know that it is there.

Laura Estes said they did a soft opening of the LHS Wellness center on Dec 16. Starting in January they are starting with the Freshman and going into each class to promote the wellness center. There will be a grand opening at the end of January. Jen Hladun has done a good job of posting it on social media.

Audrey would like Emma to share LHS posts about the wellness center to our other schools.

Christina said that the Wellness center is not mandatory to have in our policy but we can add it. Audrey asked Laura Estes to help add this into our policy.

4. Update on District Health Fair-Audrey

Audrey stated that she will have Kelly Gordon give us an update at our next meeting.

5. Website Discussion-Emma

Emma would like to solicit input on what the committee would like to see on the website. She would like input from students as well. Her goal is to have the updated Wellness policy on the website by the end of the school year.

6. Farm to School Program - Christina

Our farm to school partners include Cream Co (meat processor), Richards Regenerative Beef (cattle ranchers) located just outside Marysville in Oregonhouse, Ca. They schedule tours to view the cattle. We buy local produce weekly from SPORK food hub, who aggregate produce from farms in Yolo, Sacramento, Placer counties and even down to Monterey.

We will be hiring a district chef and also creating marketing materials (signs etc for the serving area) with funds we received from our CDFA Farm to School Grant. A total of \$150,000 and the grant period starts April of this year.

7. Brigade Partnership - Christina

We will be partnering with Brigade to not only hire our district chef but also for professional development for the food service team. We will have chefs come out in February and March to train on site with our team and we will be starting the hiring process for our own chef soon, with the goal of having one hired by April.

8. Other Items of Discussion

Equipment Grant-Christina

Last year Food Service received \$100,000 20/21 Assistant Grant. The grant expires Feb 1, 2023
Items purchased with the grant money were:

Oven for Sheridan was installed last week. The rep from the company came to train the staff and they should be using it on 1/24/23

2 Hot and Cold Wells for COES

1 Hot and Cold Well for LCE

1 Hot and Cold Well for FRE

These are to replace the salad bars. The wells make it possible for the students to choose hot items, such as roasted veggies.

The EV2, the electric vehicle that goes to Phoenix daily, was partially funded through our Breakfast Grant and the rest was paid through district funds!

LHS received a spoil cooker and a chiller

Leaman/Gems/ First Street received warmers that will be delivered on Monday 1/30/2023

All the grant money was spent

9. Future Meeting Dates for 22/23 school year:

Audrey asked the committee if they prefer virtual or in person meetings. Laura Estes suggested a hybrid meeting. Audrey said that a hybrid meeting will work but we need to pick a location where they have the technology for virtual meetings. **Audrey asked the committee to submit**

location ideas of where the next meeting should take place. She will schedule 2 more meetings and possibly a 3rd meeting if we need it.