



DRAFT

MINUTES

SCOTTSDALE UNIFIED SCHOOL DISTRICT WELLNESS COMMITTEE

MONDAY, MAY 22, 2023

4:00-5:30 PM

Committee Members

Patti Bilbrey, Director Nutritional Services

Shannon Cronn, Director Support Services

Renee Tosto, Lead Nurse

Will Graham, School Nurse

Kat Hughes, Principal

Susan Leonard, Teacher

Julie Reeve, Reading Specialist

Sheri Bieberle, Parent

Lisa Kanarish, Parent

Laura Weeshoff, Parent

Jan Dubauskas, Parent

Michael Maske, Parent

Absent

Kat Hughes, Principal

Jan Dubauskas, Parent

Purpose: The purpose of the Wellness Committee is to review and update district-level wellness guidelines and to help promote physical, social, and mental health initiatives and support for our students and staff as well as provide updates and recommend changes to the district Governing Board.

Objectives: This will be accomplished by engaging a Wellness Committee composed of parents and caregivers, students, the school nutrition staff, school curriculum specialist, physical education teachers, school nurses, mental health and social services staff, school administrators and health professionals.

Welcome

- ❖ Opening and welcome by Shannon Cronn



Agenda

❖ **Approve Draft Minutes for May 8, 2023 - Approved**

❖ **Review Wellness Guidelines**

Some topics of discussion- Recommendations on healthy snack options for celebrations. Make sure staff and parents are aware of the Wellness Guidelines.

Recommendation by Renee Tosto -Fundamentals recommendation to include in lieu of using Clorox Wipes, peroxide cleaning products should be used.

Review and check what links work. Suggested that instead of links to provide information, we could use attachments or a link to google docs. Consider removing links.

❖ **Review Meeting Dates & Future Topics**

- Suggestion of a minimum of 4 meetings a year and/or start meetings earlier in the year.
- Assessment of the Wellness policy at the August/ September meeting in the Fall.

Suggestions on how often to met- suggestions for guidelines

- Can we meet once a quarter
- Have subcommittees for specific or certain topics
- Develop a smart foods list for classroom celebrations or other options as an alternative to food for a celebration
- Fundraising -change the option from food for fundraising
- It's important on how we present changes
- Provide the Big 9 food allergens list to schools(food allergies)
- Offer an extra recess as a celebration option
- Seasonal celebrations-change the dynamics

A reminder to Admin Academy about the connections between Wellness, school celebrations and menu items

Location/Meeting Dates

Mohave District Annex 4:00-5:30 PM

1. February 27, 2023
2. March 27, 2023
3. ~~April 17, 2023~~ Apr 24, 2023
4. May 8, 2023
5. May 22, 2023
6. June 5, 2023