District Wellness Council
April 4, 2024

Attendees (21)
Students
Cupertino: Chetana Medam
Homestead: Jennifer Ren (Student Nutrition Board)
Lynbrook: Irene Hwang
Monta Vista: Amy Zhang (Student Nutrition Board)

Parents
Homestead: Maia Elder-Kadar
Lynbrook: Jennifer Leder

Staff
Fremont: Erik Medeiros (School Counselor)
Homestead: Sarah Loyd (School-Based Therapist), Dawn Predium (School-Based Therapist)
Lynbrook: Jena Rajabally (Attendance Technician)
Monta Vista: Doreen Bonde (Wellness Space Support Specialist)

Trustees: Rosa Kim, Stanley Kou

Planning Team: Hayley Giniger (Program Specialist, Mental Health Services), Trudy Gross (Associate Superintendent, Student and Special Services), Leila Lurie (School-Based Therapist Lead), Denae Nurnberg (Coordinator of Data and Assessment), Divya Puri (District Manager of Nutrition Services), Nancy Sullivan (Director of Educational and Special Services)

AGENDA

The meeting opened at 5:32 p.m.

Welcome and review of the agenda by Associate Superintendent of Student and Special Services Trudy Gross (slides 1-2).

Opener, "Snap, Clap, Stomp", was facilitated by School-Based Therapist Lead Leila Lurie (slide 3).

Leila began the review of FUHSD Wellness Updates (slide 4) with information regarding our collaboration with Sunnyvale School District. Unfortunately, the position for the teacher released to support wellness efforts has been eliminated for the 24-25 school year. Trudy and Leila will continue to be in touch with the Director of Student Services.

Trudy announced that Fremont High School is the recipient of a grant from the Valley Health Foundation that will support the Wellness Space Support Specialist position to open a wellness space for the 2024-25 school year.

Trudy shared information about the Teen Resource Fair that IntraDistrict Council planned with the City of Cupertino and held on March 16. The IDC Mental Health Committee hosted 5 booths/activities: make a bracelet with IDC; Taarika Foundation; SCCOE featuring Tobacco Use Prevention Education and LGBTQIA+ Resources; HHS Yoga Club; and FHS Health Connect. The City of Cupertino hosted 4 booths: City Volunteering, Blackberry Farm, Summer Camps, and Senior Center. There were over 200 participants. The committee put together a passport which resulted in 86 of the 100 goodie bags being claimed. There were even middle schoolers who attended and asked questions about the high school they would attend. At 3 p.m., when the fair was ending, there were still people at the IDC booth making bracelets and they had to be encouraged to wrap up. Robert Kaufman, City of Cupertino Recreation Coordinator, was an excellent partner and helped bring the goal of a wellness fair to life!!

The final update was in preparation for Wellness Council membership for the 2024-25 school year.

District Manager of Nutrition Services Divya Puri provided a Nutrition Services Update (slides 5-21).

Jennifer Ren and Amy Zhang presented on the Nutrition Services Student Committee (slides 22-29).

Trudy provided information about the upcoming Earth Day Event (slide 30). Thank you to Wellness Council members for an engaging and productive year (slide 31)!! Dates were shared for Council meetings during the 2024-25 school year (slide 32).

Nancy led the Council in an optimistic closure (slide 33-34). Here are the expressions of gratitude that were shared:

- Getting to hear different perspectives from all the players in a school system.
- I am so grateful for everyone's effort in fostering open communication about things that could be improved in our schools.
- I'm grateful for Ms. Puri's hard work and commitment to the students & the committee. Also, her fantastic fashion sense.
- I'm grateful for the delicious catering. I'm grateful for the opportunity to see how hard the district works for its students & be a part of such a great movement.
- All the informative presentation was wonderful! Thank you for planning!!
- It is my first year participating with the FUHSD Wellness Council. Had great experiences and enjoyed the activities.
- Grateful for a community that is so committed to wellness!
- I am grateful for having student and parent voices involved.
- Grateful to meet the parents and students on the committee.
- I was so grateful for the thoughtful group discussion. It was insightful!!
- Very grateful to the community, especially the students!
- Grateful for meeting new people, learning what other schools are doing. Also grateful for the exchange of ideas and collaboration. Looking forward to next year.
- Grateful to be in a district that is open and values everyone's ideas and opinions.

- I’m extremely grateful for the info I’ve learned today regarding farm-to-café produce and I felt fortunate to have such good food at school.
- Thank you to all staff for all the work and support to our schools.
- Being here gave me the idea for my mental fitness campaign.
- I am grateful for the thoughtfulness of the committee members. This group is super welcoming and accepting of all voices.
- Very grateful to hear the amazing student voices.

Wellness Committee

April 4, 2024

Agenda

1. Dinner and Welcome
2. Opening Activity
3. FUHSD Wellness Updates
4. Nutrition Services Updates
5. Closure/Gratitude

Opening Activity

Snap, Clap, Stomp

FUHSD Wellness Updates

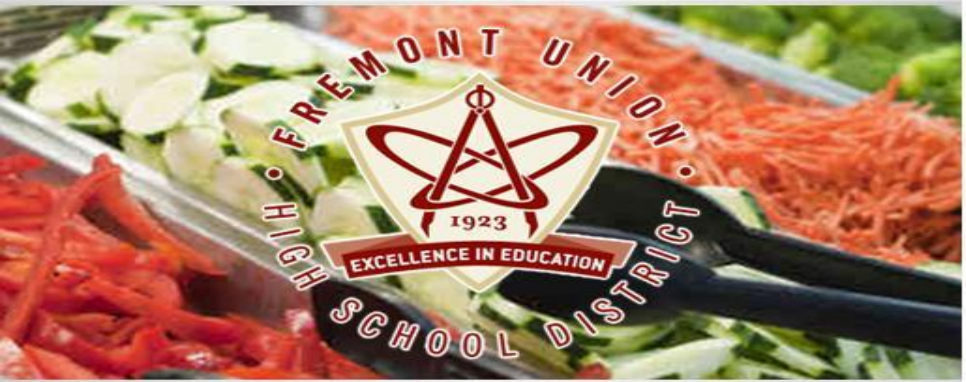
Coordination with SSD

FHS Wellness Space update

Review of the March 16 Wellness Fair

SY 2024-25 Wellness Council Plans (first meeting will be in October)

NUTRITION SERVICES



WELLNESS COMMITTEE

Nutrition Services Update
April 4, 2024

Divya Puri

FUHSD NUTRITION SERVICES

Nutrition plays a crucial role in Wellness

Operate under National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Funded by Federal and State Govt.

Regulated by Federal, State and Local authorities:

- United State Department of Agriculture(USDA)
- California Department of Education (CDE)
- Santa Clara County Dept of Environmental Health
- District/Wellness policy

NUTRITIONAL REGULATIONS

Federal and State regulations include detailed nutritional requirements on all items served. Some examples are:

- Whole grain items
- Trans Fat and saturated fat
- Calories
- Sodium
- Fruit and vegetables
- Milk
- Meal Components and much more

The Goal of Nutrition Services is to offer a menu that is compliant, while being nutritious, visually appealing and contributes towards wellness of all students.

UNIVERSAL MEALS AND MORE

California became the first State to implement statewide Universal Meals Program in 2022-23.

- Provides free, nutritional adequate meals to all students in public schools regardless of income status
- Aimed at eliminating food insecurity – 1 in 6 children in California are food insecure
- 12% of children in USA now get free meals
- Permanent Summer–EBT to provide food security

BENEFITS OF UNIVERSAL MEALS

- Provides food security for students
- Leads to improved academic success
- Reduces stigma on free and reduced meals
- Improved school climate
- Improved funding for School Nutrition Programs
- Spotlight on the importance of School Nutrition

CHALLENGES OF UNIVERSAL MEALS

- Unprecedented increase in participation
- Staffing shortages
- Participation far exceeds the capacity of existing facilities
- Increase in volume must be handled with no increase in preparation time or kitchen capacity
- Short serving times combined with high volume, with small service areas, can create long lines

CONTINUOUS IMPROVEMENT

Despite the daily challenges of unprecedented participation, the Nutrition Services Program continues to implement the following initiatives:

- Scratch cooking
- Farm to Table Program
- Plant based and allergen free items
- Sustainability efforts
- Expansion of Student Worker Program
- Nutrition Services Student Committee

SCRATCH-COOKING

The Nutrition Services Program continues to focus on scratch cooking and avoid the ease of frozen or premade meals:

- Menu items are made in-house
- Ongoing meetings on menu creation, menu compliance, recipes, food aesthetics, student feedback
- Some examples include breakfast burritos, chicken tikka masala, vegetarian wraps, Asian rice bowl etc.

SCRATCH-COOKING

Examples of our scratch cooking efforts at all schools:

Wraps

Soup

Chicken Tikka

Burritos

Local produce

FARM TO TABLE

The District's Farm to Table Initiative is an effort to improve the quality of produce, while minimizing carbon footprint:

- Food Hub partnership
- ¾ of the produce comes directly from local farms
- Seasonal, fresh and minimally travelled

FARM TO TABLE

Incorporating locally sourced produce in salad bars and menu item recipes.

House salad

Roasted Broccoli

Salad Bar

Parfaits

Fruit Bar

PLANT BASED AND ALLERGEN FREE ITEMS

As dietary needs and preferences change, the Nutrition Services Program continues to expand plant based and allergen free options:

- Plant based, gluten-free, vegan offerings
- Milk alternatives- Soy milk(organic) & Lactose free Milk

Vegan Chili

Milk Alternatives

Tofu Tikka Masala (GF)

SUSTAINABILITY

Nutrition Services is committed to environmental sustainability.

- Compostable utensils and containers
- Replacing 80 % single serve condiment packets with dispensers
- Sharing tables
- Meal donations/Edible food recovery

SUSTAINABILITY

Max. Edible food recovery through leftover donations

- Partnership with Peninsula Food Runners
- 8,575 meals donated so far this school year
- Diverted 10,287 pounds away from landfill
- Recipients include Low-income housing, senior housing, food pantries etc.

STUDENT WORKER PROGRAM

Nutrition Services continues to expand the Student Worker Program:

- 40 plus student workers @ $18.55/hour
- Increased training & expanded role to include food prep, dishwash, package food, cashier, resupply food line and more

THE TEAM THAT MAKES IT ALL POSSIBLE

NUTRITION SERVICES STUDENT COMMITTEE

Nutrition Services Student Committee was formed in 2022 to increase collaboration and student voice.

- Founded by 2 HHS students
- Student representatives from each school
- Total of 12 students with two lead members

NSSC

Committee Leaders,
Jennifer Ren & Amy Zhang

A Little Bit About Us

- Jennifer Ren
  - Senior at HHS
  - Passionate about how nutrition fuels the body for academics, athletics, and other extracurriculars
  - Dance, figure skating, tennis
- Amy Zhang
  - Senior at MVHS
  - Passionate about gardening and ethical sourcing of food for cleaner, healthier eating & wellness
  - Art, Literature, Math

What Is NSSC?

Nutrition Services Student Council:

- Approx. 2 years old
- Two representatives from each school in FUHSD
- Works in conjunction with FUHSD District Nutrition Services to coordinate in-school events and gauge student body feedback

FUHSD Nutrition Services Student Committee

Our Previous Work:

- Compostable material
  - Worked with suppliers to replace plastic containers with compostable material
  - Maintaining proper health and safety regulations sustainably
- Partnering with Shelters
  - Reduce food waste
  - Helping local shelters receive a warm meal
- Empowering students
  - Any student in FUHSD interested in Nutrition Services can interview to be a representative on the committee or even help out with sampling/polling efforts

Advisory Student Body Polling

- Surveyed over 3000 students across the districts
- Take account feedback to be used for menu changes
  - Allergies
  - Lactose intolerance
  - Taking off menu items students do not like
- Using polls for ideas for National Nutrition Month

Vegan Chili Sampling Event

- Locally sourced food
- Fresh vegan Chili - like most of our other food (fresh!)
- National Nutrition Month
- Anonymous feedback - quick and easy with buckets
- Using formal feedback to determine if we should stick with the chili as part of our menu


FUHSD
NUTRITION
SERVICES
BEYOND
TABLE
NATIONAL
NUTRITION
MONTH
VEGAN CHILI
SAMPLING EVENT


Put this on the menu
May try it again
Never serve this again

Recent Menu Changes

Fruit & Salad Bar (National Nutrition Month)

Soy Milk

Lactose Free Milk

Vegan Chili

Upcoming FUHSD Earth Day

Tri-Fold!

Thank you Wellness Council for Your Work This Year!

Dates for Wellness Council SY 2024-25

October 24, 2024

December 12, 2024

February 27, 2025

March 27, 2025

Optimistic Closure

Walls can be barriers or they can create inspiration.

Let’s build a wall of gratitude.

- Add a positive affirmation to the wall that describes your experience with the wellness council this year.


GRATITUDE