



**Tulsa Public Schools (TPS) Wellness Committee Meeting**

**Tulsa Education Service Center, Room 444**

**November 7, 2024**

**Attendees:**

Janet Anderson, TPS Nutrition Educator

Krystel Markwardt, TPS Deputy Director of Athletics and Activities

Emily Stone, TPS Assistant Athletic Director

Danni Benzel, TPS Intervention Specialist – Health and Wellness, Student and Family Services

Charley Daniel, School Health Manager, Tulsa City-County Health Department

Natiezka Lopez, TPS Bi-Lingual Health Educator

Sonja Stolf, TPS RD/LD Dietitian

Geoffrey Cox, PE Teacher, Zarrow International Elementary

Dr. Crystal Lewis, TPS Director – Integrated Wellness

Susan Lampkin, TPS PTA, School Board Member, Tulsa Public Schools

Natasha Harris, Aramark General Manager at TPS

Vicki Wagner, TSET Healthy Living Program, Tulsa City-County Health Department

Kathi Hayward, TPS Federal Programs, Special Programs

**Welcome and Introductions:**

- Janet Anderson welcomed everyone to the meeting.
- Introductions of individuals attending the wellness committee meeting.

**Old Business:**

- Walk, Bike and Roll to School Day
  - Zarrow PE Teacher, Mr. Geoffrey Cox, shared that this is his first time attending the wellness committee meeting.
  - Zarrow and Lindbergh Elementary Schools participated in Walk / Bike to School Day this past October. They would like to expand their participation in the future. (They participated in this last spring as well).

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- Mr. Cox is on the Health and Safety Committee at Zarrow Elementary. He shared that some months they focus on health topics only. Other months, they focus on safety topics only. He is inclusive in that he pulls in teachers from different wings to participate on the committee. They also participate in outside community events such as the Tulsa Run and the Zoo Run.
- Smart Snack Standards
  - The schools in the district need to be compliant with Smart Snack Standards. Word is getting out to Schools and Principals about this and in being compliant.
  - Smart Snack standards is part of the AR review.
- Water Dispensers
- Mental Health – Need more resources
- Child Nutrition
  - There was a discussion about how to get resources to parents
  - Sonja and Natiezka are going to North Star -Parent Resource Center
    - § Provide meal plans. Share how to use Nutri Slice.
    - § Food Allergies
    - § How to get child nutrition information to parents
  - Transition from Sodexo to Aramark as the food service provider
    - § This is in transition. There was a change over the bidding process. The company had to submit a school menu and it had to be spot / follow the menu submitted. (It may reflect the old menu).
    - § There will be lots of new menu items coming out in the future. Some different things; taste testing's, etc.
    - § Need a better understanding of Smart Snacks and Nutrition Guidelines.
    - § There are so many regulations – both federal and state
    - § Health Educators are going out to school sites to provide nutrition education.
    - § There is a new marketing person that has just been hired.
  - Late student breakfast
    - § Need to bring this to the attention of parents, teachers, and principals. They need to understand the importance of the school providing it and that it is available for students. (I.e. that the students can have a full breakfast after the bell).
  - There is a supper program

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§ The school has to pass a training to provide the supper program.

§ There is a list of schools that participate

- Need all High Schools to participate
- Athletes can receive a supper meal
- Possibly create an educational video targeted at students to make them aware of this resource
  - Education can go out through PE and health classes about the supper program and breakfast after the bell meals being available to students.
  - Nursing staff – building health education back in for students
  - Smart Snacks – people like to sell things at school which are not smart snack compliant. This can result in a student not eating a school meal. Foods to be smart snack compliant.
  - Susan – would like to go and get examples of compliant food / snacks
  - There will be an AR review this year (financial and supper).
  - Breakfast after the bell available to students
    - § There's always cereal, milk and a cheese stick available. (It's a complete meal)
  - Cafeteria staff make the supper meals – they are packed and ready to go. (Students name and ID number)

Roundtable Sharing:

- Krystel Markwardt made the invitation to invite the child nutrition department to the athletic directors meeting to share and talk about nutrition related topics. (An upcoming meeting will be held on Tuesday, November 12<sup>th</sup>).
  - Krystel would like to increase female participation in sports.
    - § Body image issues contribute to females not participating in sports. Females come in all different shapes and sizes. They want the message to get out that it is okay to participate in sports.
    - § Hispanic cultural norms of girls not participating in sports (I.e. other home responsibilities take priority).

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§ There are some food pantries in High Schools

- Which school sites have food pantries?
- Being aware of these resources can help parents. (I.e. resources can be a source of prevention and not neglect).

· Charley Daniel:

- School Health is providing health education in the Lindbergh Elementary, Salk, Key, John Hope Franklin elementary schools.
- She shared the Salk Elementary has a new painted play space (the school needs to identify the volunteers and provide paint). Charley can provide the stencils.
- Janet will work with Charley to coordinate blender bike breaks during testing next spring.

· Natiezka Lopez:

- Would like help from the athletic department to identify contacts at school sites who would be interested in having the child nutrition educators come to their school site to provide nutrition education. Attending the athletic directors meeting can be helpful as they can push the information about this resource out to coaches and PE teachers.

· Sonja Stolfa:

- Would like to connect with PE Teacher, Geoffrey Cox. Identify what he is doing at Zarrow and try and replicate it at other school sites. (I.e. how did you set up the Safe and Healthy Schools committee in your school)?
- Is there a list of Safe and Healthy school contacts for TPS school sites? It would be helpful to create a list. Susan Lampkin shared that she could help Sonja with creating the list.

· Dr. Crystal Lewis:

- Update wellness and tobacco policies. Vicki shared that pre-policy reviews have been conducted for the district wellness and tobacco policies. This can help provide direction and guidance. Need to find a date to meet to review and assess the policies. It was mentioned that possibly after the Thanksgiving Break. (There is a grant opportunity out there).
- Look at opportunities to integrate health staff

§ There are a lot of suspensions.

- Students are hungry and basic needs not being met. (I.e. food access issues).

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- Susan Lampkin:
  - Can help Sonja with a list of contacts
  - PTA efforts
  - Inviting other groups to the wellness committee meeting to bring their voices to the meeting. (I.e. Hispanic).
  
- Janet Anderson:
  - Possibly record future wellness committee meetings so that more individuals can participate in the meetings. (I.e. Zoom, Team Meetings). Share the slide deck with individuals. Utilize the communications department. Have the information translated. Promote what's going on – school gardens, walk to school day, etc. Keep meetings simple.
  
- Vicki Wagner:
  - Shared that she has worked with the TPS nutrition educators to recently assess several school sites: Anderson, Clinton West, and Zarrow. They also assessed Lindbergh, Owen, and Peary Elementary Schools. When asked how schools are selected to conduct the assessment, she shared that there is information she received from INCOG – red, yellow, green tier schools. We try and focus on working with school sites that are in the red tier. She shared some implementation strategies – water dispensers, fruit slicer, pickleball equipment, etc.

Meeting Adjourned. The next meeting is scheduled for January 23, 2025.