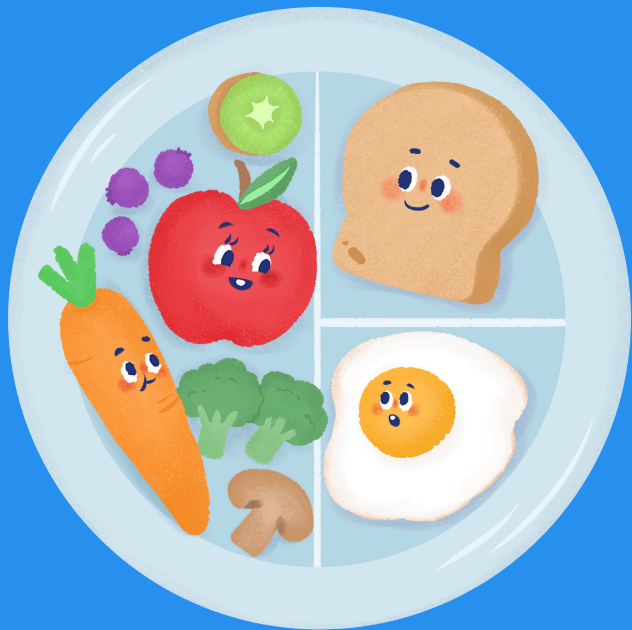


*Nutrition & Wellness Services Department*

# District Wellness Meeting

December 9th, 2024, 3:30 - 4:30PM



# Reminders

- **Translation introduction**
- **Sign-In:**
  - Please type your name & school/department in the Zoom chat box.
- **Time Sheet Due Dates (Certificated):**
  - Pay Period 11/18/24-12/13/24 - Due 12/10/24
  - Pay Period 12/16/24-01/15/25 - Due 01/14/25
- **Time Sheet Due Dates (Classified):**
  - Pay Period 11/26/24-12/10/24 - Due 12/6/24
  - Pay Period 12/11/24-12/25/25 - Due 12/19/25
  - *Submit to Alice Garcia - Food Service Rm #18*



# Today's Agenda

## Overview

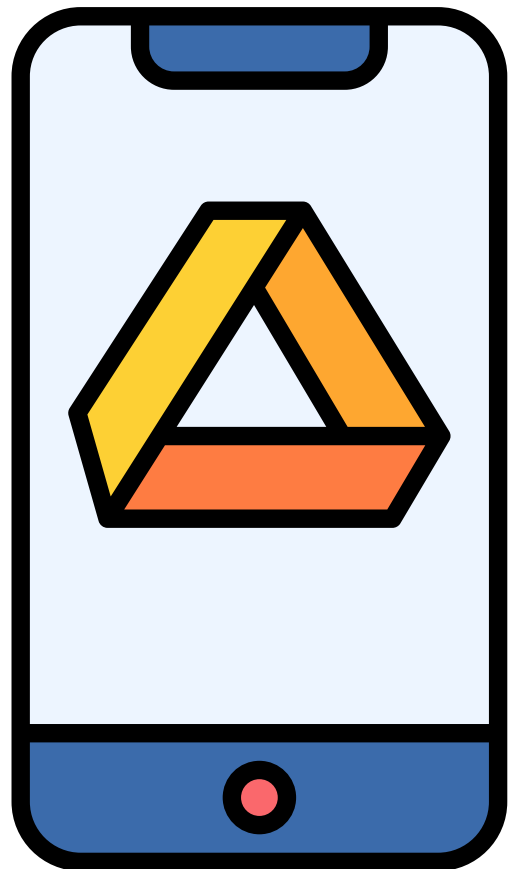
- Wellness liaison drive overview
- Google form- wellness goals
- CDFA Farm to School incubator grant
- Feedback and open forum
- Questions, comments, and suggestions



# Wellness Liaison Drive

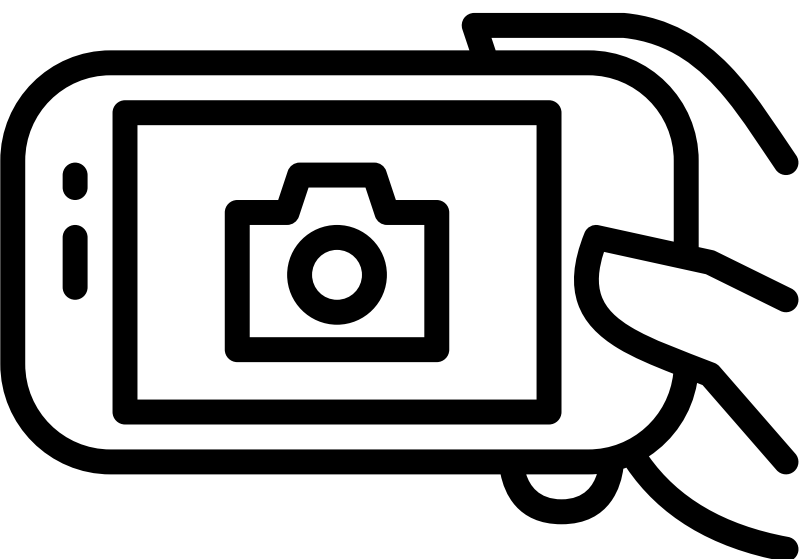
Includes:

|                                                          |          |                 |           |   |
|----------------------------------------------------------|----------|-----------------|-----------|---|
| Wellness Liaisons > 2024 - 2025 Meeting Do... ▾          |          | ✓ ▮             | ▮▮        | ⓘ |
| Type ▾                                                   | People ▾ | Modified ▾      |           |   |
| Name ↑                                                   |          | Last modified ▾ | File size | ⋮ |
| 📁 Agendas & Meeting Details                              |          | Nov 5, 2024     | —         | ⋮ |
| 📁 Event Photos                                           |          | Nov 20, 2024    | —         | ⋮ |
| 📁 Wellness Goals                                         |          | 10:52 AM        | —         | ⋮ |
| 📄 Additional Wellness Certificated timesheet.pdf         |          | Oct 3, 2024     | 118 KB    | ⋮ |
| 📄 Additional Wellness Classified timesheet.pdf           |          | 2:27 PM         | 130 KB    | ⋮ |
| 📄 WELLNESS ADDITIONAL_OT TIMESHEETS DUE DATE 2023-24.pdf |          | Oct 3, 2024     | 165 KB    | ⋮ |



# Wellness Liaison Drive

Event photo folder: Please upload photos from events here



|                                                           |          |                 |           |     |   |   |
|-----------------------------------------------------------|----------|-----------------|-----------|-----|---|---|
| Wellness Liai... > 2024 - 2025 Meetin... > Event Pho... ▾ |          |                 |           | ✓ ▮ | ⌵ | ⓘ |
| Type ▾ People ▾ Modified ▾                                |          |                 |           |     |   |   |
| Name                                                      | ↑        | Last modified ▾ | File size |     |   |   |
| 📁                                                         | Addams   | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Anderson | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | FDR      | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Green    | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Mitchell | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Rogers   | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Smith    | Nov 20, 2024    | —         | ⋮   |   |   |
| 📁                                                         | Twain    | Nov 20, 2024    | —         | ⋮   |   |   |

## Overarching Goals & Specific Areas

**Example of overarching goal:** Increase in student/ parent awareness around healthy drinks and snacks, improve student participation in keeping a clean campus, May 7 roll bike or walk to school day.

**Example of specific focus:** Complying with Smart Snacks (USDA nutrition standards) regulations

## Measurable goals

**Example of measurable goal:** Eight school announcements to promote the cafeteria foods, Increase parent attendance at produce sorting day/produce distribution by 20% by end of the SY.

# Google Form- Wellness Goals

## Time-bound goals

Time-related parameters help you stay on track

**Examples include:**

June 2025

Goal for parent nutrition classes to begin in November, Mitchell green team will begin in the next few weeks, and the family event will take place in May.

## Reporting & Measuring Success

- It's important to keep track of sub-tasks taking place to reach your overall SMART goal
- Be prepared to share out progress towards goal(s) at next meeting
  - Will take place throughout the school year to provide a space for conversation and offer support if needed.

# Google Form- Wellness Goals

Accessible in wellness liaison drive if you'd like to see your responses

Wellness Liaisons > 2024 - 2025 Meeting Do... ▾



Type ▾ People ▾ Modified ▾

| Name ↑                                                                                                                                     | Last modified ▾ | File size |   |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------|---|
|  Agendas & Meeting Details                              | Nov 5, 2024     | —         | ⋮ |
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CALIFORNIA DEPARTMENT OF  
FOOD AND AGRICULTURE

## CDFA Farm to School Incubator Grant

### What is it?

Two-year grant awarded to LESD which will:

- Expand farm-to-school program with cooking and gardening classes for preschool, elementary, and middle schools.
- Train kitchen staff to prepare local foods for lessons and taste tests.
- Increase local farmer and producer procurement for fresher, high-quality school menu items.



# CDFA Farm to School Q&A



## Question 1

Are there any local farms, organizations, or stakeholders that we should collaborate with?

## Question 2

Are there any specific grade levels we should consider targeting?

## Question 3

How can we enhance student engagement and learning through this program?

# Feedback & Open Forum



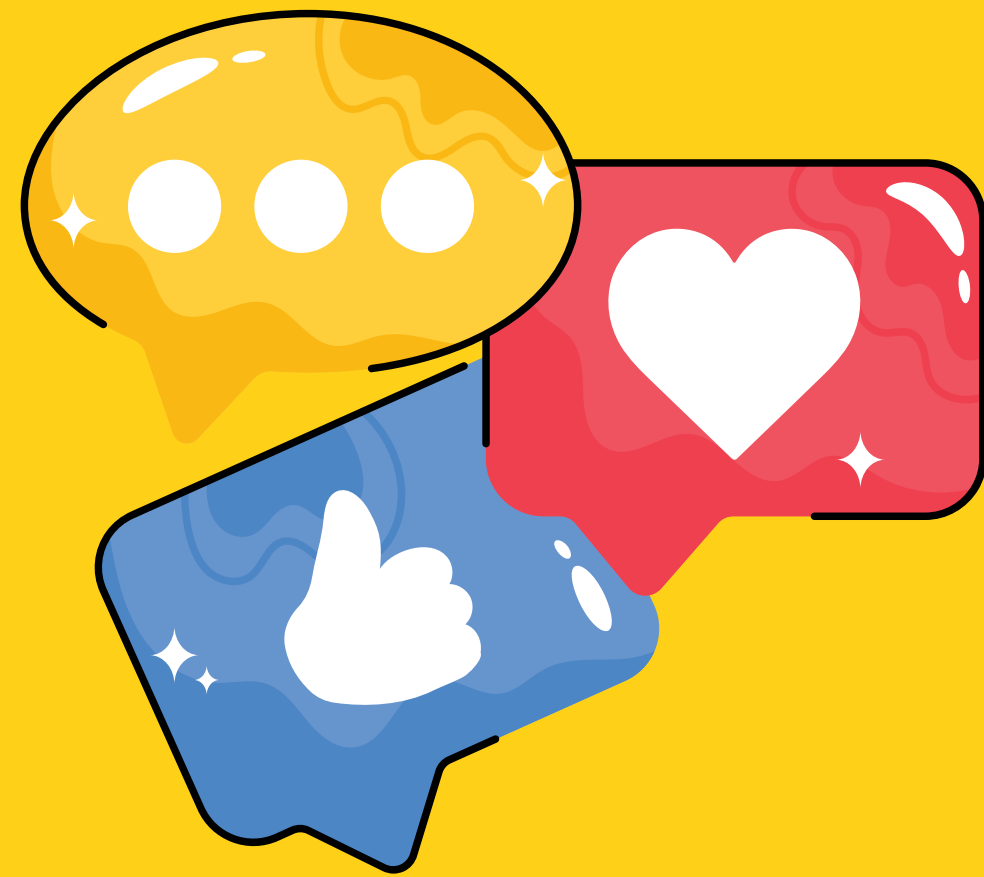
What are your favorite and or simplest school-site wellness events to host? What works well at these events?



How can we build community and foster connection through school-site wellness events?



What information or resources would you like to see at future wellness meetings?



# Questions, Comments, and Suggestions

**Next Meeting: January 13th, 2025 @ 3:30  
in-person at PDC and via Zoom**

**If you have any questions,  
please reach out to Lissette or  
Delyla.**