

NUTRITION & WELLNESS
SERVICES DEPARTMENT

DISTRICT WELLNESS MEEETING #7

April 14th, 2025
3:30 - 4:30PM



REMINDERS

- Translation introduction
- Sign-In: For those on Zoom, please type your name & school/department in the Zoom chat box.
- Time Sheet Due Dates (Certificated):
 - Pay Period 03/17/25-04/15/25 - Due 04/14/25
 - Pay Period 04/16/25-05/15/25 - Due 05/10/25
- Time Sheet Due Dates (Classified):
 - Pay Period 04/11/25-04/25/25 - Due 04/23/25
 - Pay Period 04/26/25-05/10/25 - Due 05/08/25
- Submit to Alice Garcia - Food Service Rm #18



TODAY'S AGENDA

- Icebreaker
- Fun facts
- Staff spotlights
- Interactive activity
- Wellness connection and action challenge



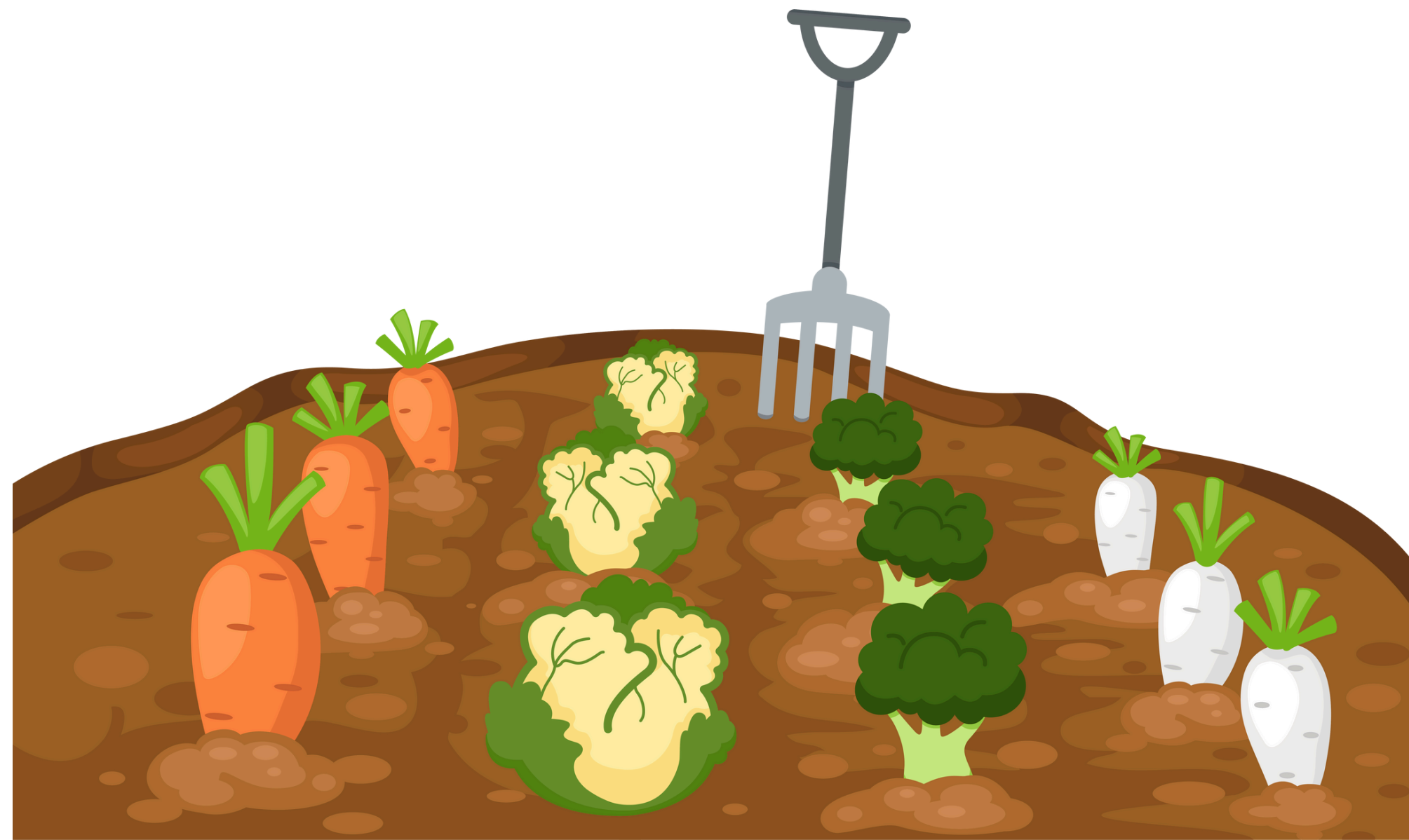


ICEBREAKER

If you were a fruit or vegetable, what would you be and why?

NATIONAL GARDEN MONTH

Victory Gardens fed millions during WWII.
People grew their own food to support the war effort.



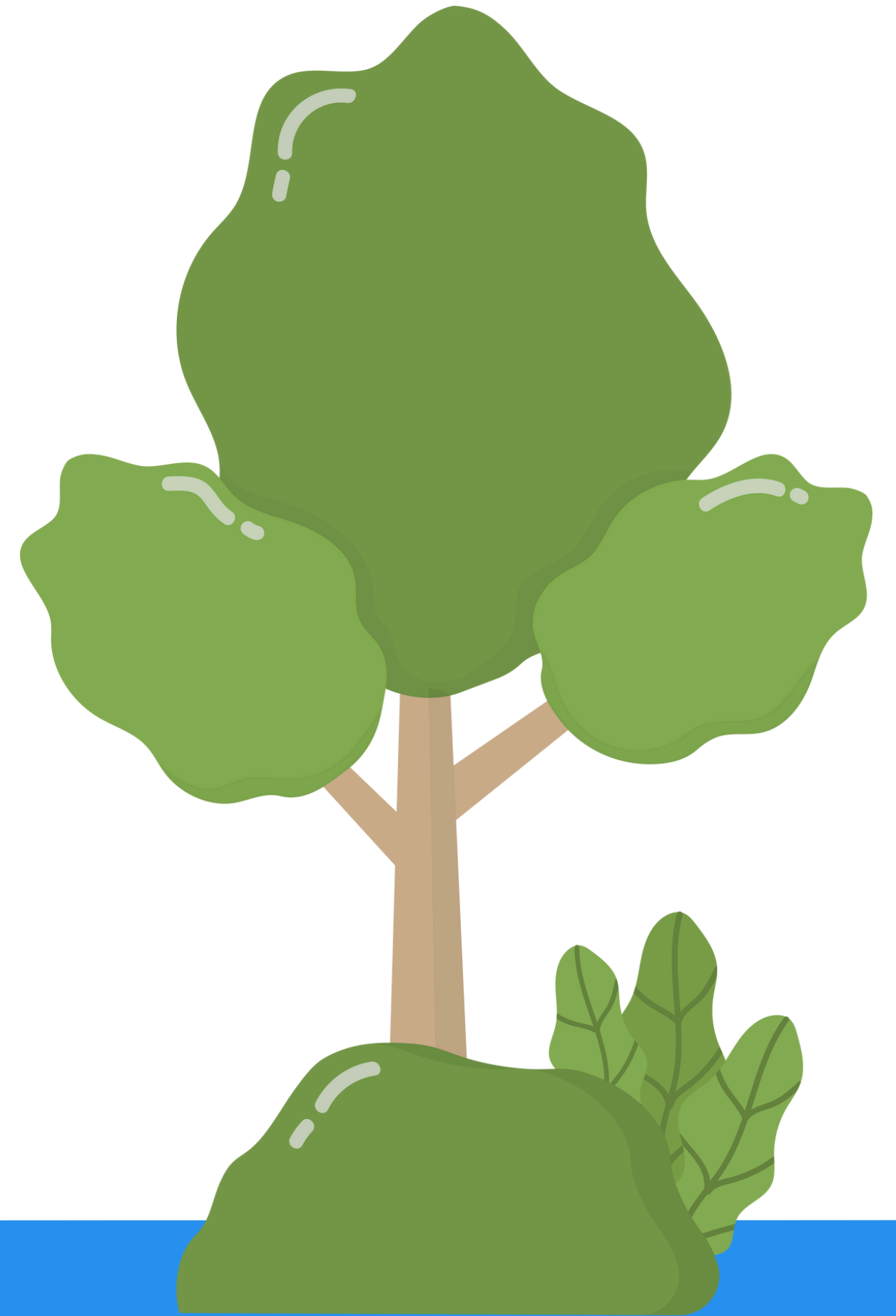
EARTH DAY FUN FACT:

**An estimated 11
million metric tons
of plastic enters the
ocean every year**

(PLASTIC POLLUTION - UNITED STATES DEPARTMENT OF STATE, 2025)



"OUR POWER, OUR PLANET"



STAFF SPOTLIGHT: LISBETH HERNANDEZ

ROLE: CALFRESH HEALTHY LIVING HEALTH EDUCATOR

- Working with the LESD gardens
 - Hands-on food education
 - Garden Maintenance
 - Celebrating community through food
- How the garden has supported wellness:
 - Promotes community engagement, encourages balanced eating, and increases mindfulness



STAFF SPOTLIGHT: NATASHA GOGIN MOSES

ROLES: ELEMENTARY SCHOOL TEACHER/WELLNESS LIAISON

- **In the past we grew food for our produce bar.**
- **Students experienced increased well being by spending time gardening.**
- **Students connected with nature viewing colorful plants and finding insects. At one time we counted over 95 monarch caterpillars!!!**



STAFF SPOTLIGHT: SHANNON DAVIS

ROLE: MIDDLE SCHOOL TEACHER & WELLNESS LIAISON

- The WRMS Garden's restoration has been lead by Staci Davis and Sylvia Ruiz.
- We have removed weeds, replaced wood flowerbed trim with cinder blocks, planted melon and tried to start seeds by using cotton balls.
- We are starting a “three sisters” grouping used by Native Americans. We have planted the corn. The next thing will be the pole beans that use the corn stalks to climb.
- We used the wood trim for a quiet, meditation seating area.
- We are excited about our beautiful Vertical Garden.



STAFF SPOTLIGHT: SANDRA PACE

ROLE: ELEMENTARY SCHOOL TEACHER/WELLNESS LIAISON

- For almost five years now I've had the pleasure to work along side my dear colleague and friend Ms. Schmitt. Together we have seen the Garden bring so many memorable moments to our Anderson students.
- The Garden supports activities in our school like our traditional egg hunt, garden lessons, and RAP-garden club. Our garden provides a safe place for students. Here students learn why and how to eat healthy, learn to explore, be creative, feel accepted, welcomed, and part of a community.





TIME TO TEST YOUR GARDEN KNOWLEDGE!

Get your devices out to play.
kahoot!

DISCUSSION:

- HOW CAN WE BETTER INTEGRATE SCHOOL GARDENS INTO EVERYDAY WELLNESS EFFORTS?
- WOULD SCHOOL SITES PREFER A POP UP FARM STAND OR FIELD TRIP TO A FARM?



ACTION CHALLENGE

Commit to one small action, like:

- **Talking to students about golden oranges (HOTM) served on 4/28**
- **Growing a plant at home**
- **Volunteering at a school garden**
- **Incorporating garden-based activities in your work**



QUESTIONS & COMMENTS

Next Meeting:

May 19th, 2025 @ 3:30 in-person
and via Zoom





**THANK YOU FOR
JOINING!**