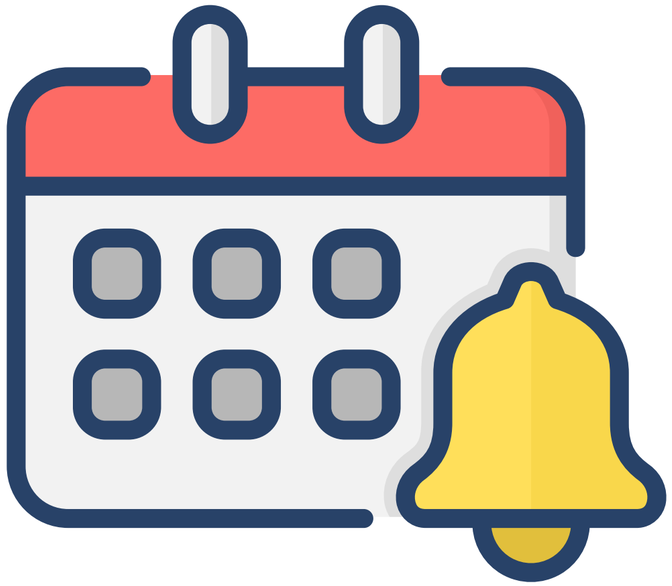
Nutrition & Wellness Services Department



DISTRICT WELLNESS MEETING #8

May 19, 2025
3:30 - 4:30 PM

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 5/16/25-6/13/25 - Due 6/11/25
- Submit to Alice Garcia - Food Service Rm #18

Meeting Agenda

- Nutrition & Mental Health
- Wellness Liaisons- SMART Goals
- Champion Partners
- Conclusions



May is Mental Health Awareness Month

In honor of Mental Health Awareness Month, we take this time to break the stigma, raise awareness, and prioritize mental well-being. Let’s check in with ourselves and others, share support, and promote a culture of understanding.

ICEBREAKER: WHAT’S SOMETHING YOU DO FOR SELF CARE?



Mental Health tips



Exercise Regularly

- Physical activity boosts endorphins and serotonin, which improve mood and reduce anxiety.
- Aim for at least 30 minutes of moderate activity (like walking, dancing, or yoga) most days.



Prioritize Sleep

- Poor sleep affects concentration, mood, and stress levels.
- Try to get 7–9 hours per night and keep a consistent sleep schedule.



Limit Screen Time

- Too much screen time, especially on social media, can increase anxiety and comparison.
- Set boundaries, take screen breaks, and engage in offline activities you enjoy.



Get Sunlight and Fresh Air

- Sunlight helps regulate sleep-wake cycles and boosts vitamin D, which is linked to mood.
- A short walk outside can reduce stress and promote relaxation.

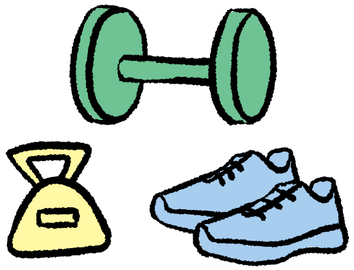
Nutrition and Mental Health

HOW FOOD AFFECTS YOUR MOOD

What You Eat Affects How You Feel

- Your brain needs fuel—just like your body.
- Healthy food = better focus, more energy, and a better mood.





Sugar Can Mess With Your Mood

- Too much sugar = quick energy, then a crash.
- This can make you feel tired, cranky, or anxious.

Healthy Fats Help Your Brain Work Better

Foods like fish, nuts, and avocados help you think clearly and feel better.





Drink Water

- When you’re dehydrated, you can feel tired, foggy, or irritable.
- Drink water throughout the day to stay sharp and happy.

Eat For a Better Mood

- Include omega-3 rich foods: salmon, walnuts, flaxseeds
- Choose whole grains over refined carbs
- Stay hydrated—aim for 8+ glasses a day
- Eat probiotic-rich foods: yogurt, kimchi, kefir
- Avoid excess sugar and processed foods





Wellness Liaisons share out- SMART GOALS

Addams

Anderson

Green

Mitchell

Rogers

Twain

DID YOU ACCOMPLISH YOUR GOALS FOR THE SCHOOL YEAR?

At the start of the school year, we asked you to set SMART goals for your school site. We'd love to hear whether those goals have been accomplished or get an update on the progress you've made so far.



Wellness Liaisons share out- SMART GOALS



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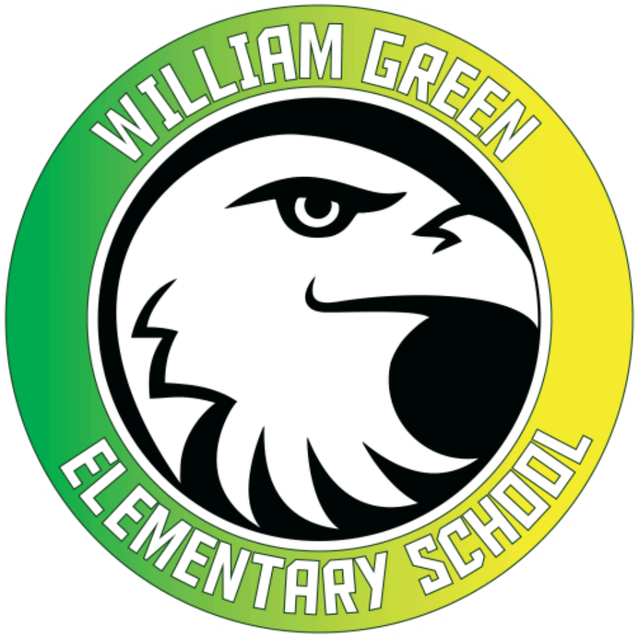
Wellness Liaisons share out- SMART GOALS

William Anderson
Elementary School

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William Green



Mobile Cow



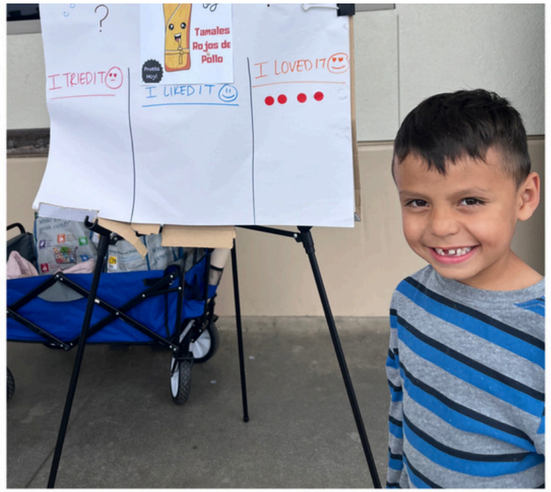


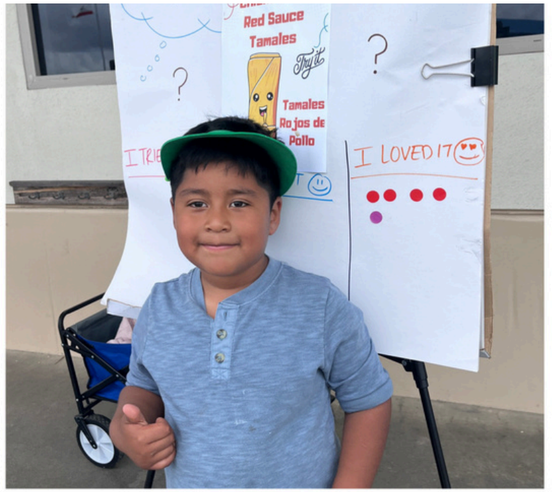



HealthyEating.org


althyEating.org
Mobile Dairy Classroom
brought to you by
Dairy Council of California

What is your favorite Meal?









Lessons about moving your body. Your body works!



Organized games












LEAP Preschool





Jog-A-Thon





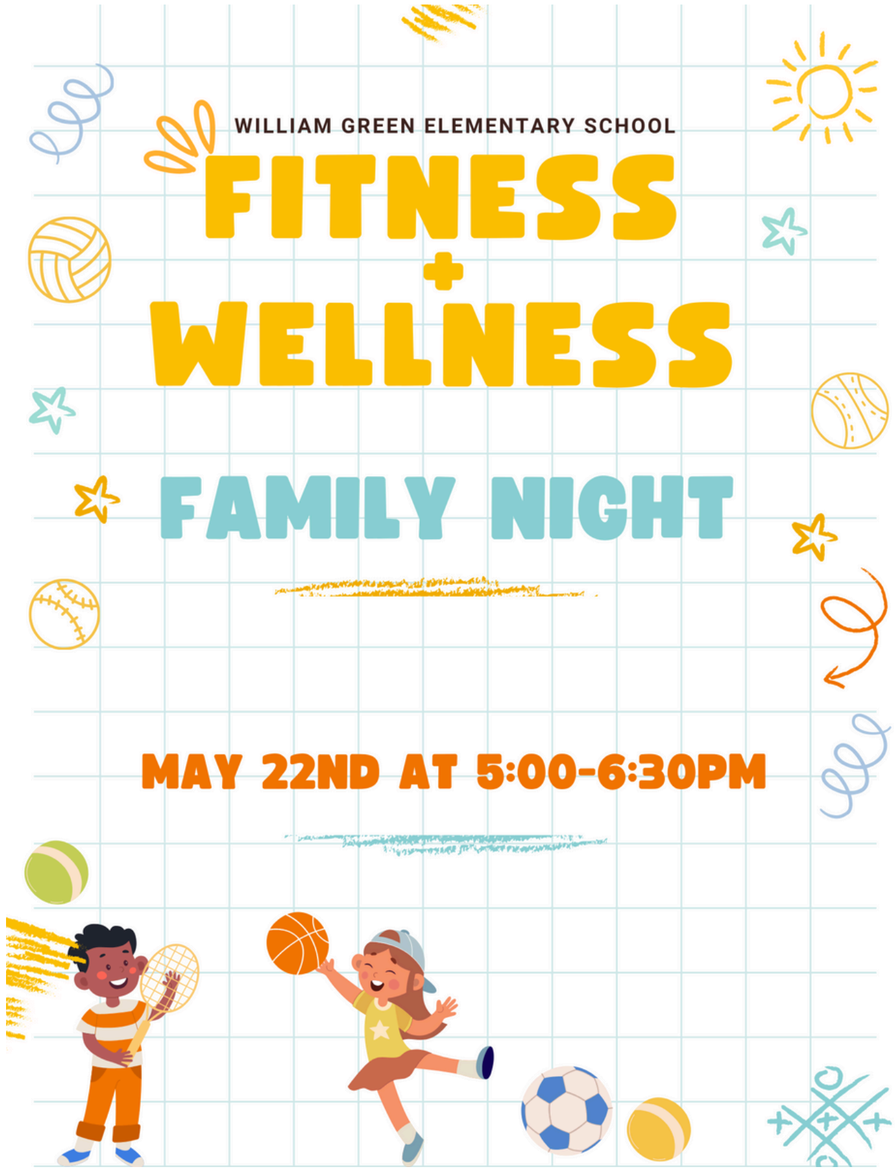


William Green Garden in progress





Family Fitness Night (May 22nd)



- Fitness Stations
- Hydration Station
  (Sponsored by Wellness Committee)
- Department of Public Social Services Booth
- Raffle

Wellness Liaisons share out- SMART GOALS

Billy Mitchell Elementary School

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Wellness Liaisons share out- SMART GOALS

Billy Mitchell Elementary School

Our school was successful in parent involvement with nutrition and wellness including:

- **Wellness goals and tips shared through parent square.**
- **Nutrition and cooking classes for parents held, school garden involvement including parent volunteers helping out in the garden.**
- **Our school continued with the share cart at the mealtimes and students participated and took food for later.**
- **Continued to implement required minutes for physical education.PTA hosted jog a thon.**
- **Our goal of implementing a Green Team for a clean campus was successful.**
- **Healthy drink choices were taught and supported through rethinking your drink at student lunchtime.**
- **Students were invited to participate in gardening every other Thursday with help of PTA and parent volunteers.**





Wellness Liaisons share out- SMART GOALS



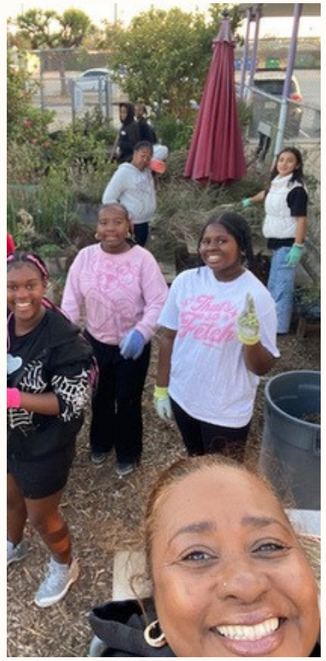
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The Beginning

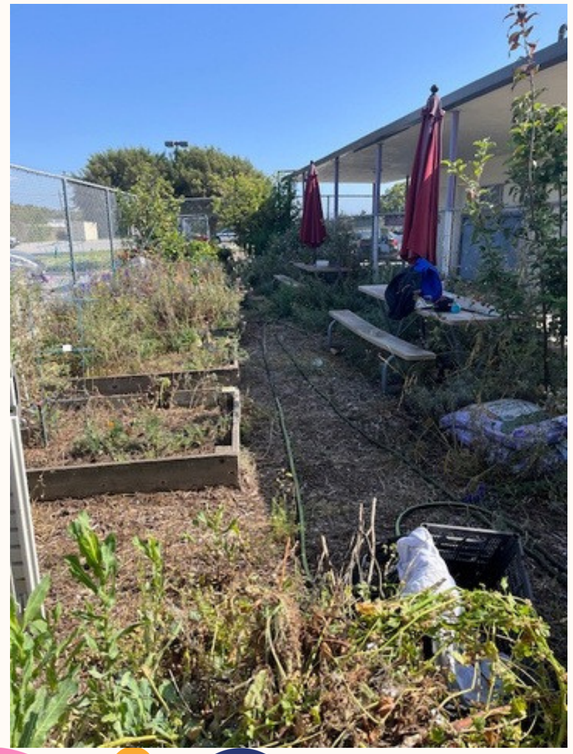








Cheer removed weeds.



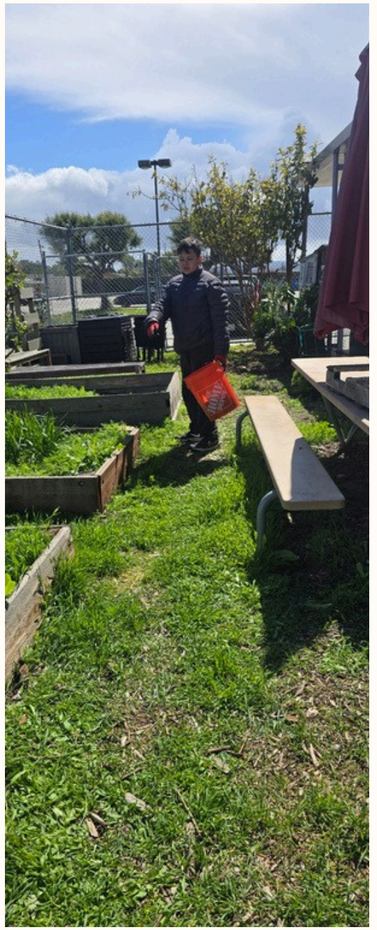
















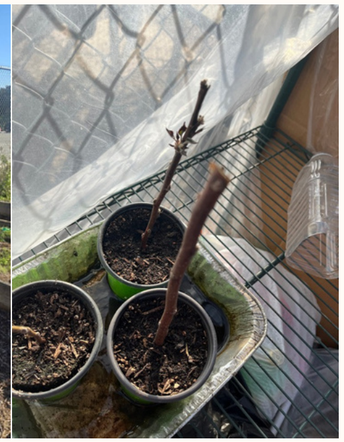





















Raised bed
Potting Mix



Wellness Liaisons share out- SMART GOALS

Mark Twain Elementary School

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Recommendations for Next School Year



Help Shape Our District's Wellness Vision!

As a current Wellness Liaison, your perspective is valuable in helping us continue to grow a strong, health-minded team across the district.

Share Your Feedback and Ideas:

- What worked well this year?
- What could be improved?
- What support or resources would help future liaisons succeed?

Suggestion: Hosting wellness meetings at a different school site each month.

Wellness Liaison Interest

Let us know if you are interested in being a wellness liaison for the 2025-26 school year.



Still interested in continuing?
If so, we'll ask you to complete a brief Google survey to share your feedback and suggestions for improvement for next year.



Not planning to continue?
We'll ask you to complete a short Google survey to provide feedback and share key information to help transition the role to the next person.



Undecided about continuing?
Please complete our Google survey to share your feedback, and let us know as soon as possible if you plan to serve as a wellness liaison next school year.

Honoring Our School Site Champions

A huge thank you to our 14 dedicated CalFresh Healthy Living Champion parents and staff across LESD! Your support is the backbone of our program. This school year alone, our Champions have contributed an incredible 75 hours to help make healthy living a reality on our campuses.









Q&A

✓ Curious about resources?
✓ Want more details about becoming a Champion partner?
✓ Have feedback or suggestions?
We’re here to answer your questions!



Nutrition & Wellness Services Department



THANKS FOR YOUR ATTENTION!