



Wellness Committee Meeting Minutes

February 3, 2026

Purpose of the Wellness Committee

The Wellness Committee promotes student and staff health through nutrition, physical activity, and community engagement. These meetings help identify needs, develop action plans, and ensure alignment between school-level efforts and districtwide policies.

Attendance:

Janet Anderson – CNS Nutrition Educator
Vickie Lentz-Wagoner – Wagoner Health Department, TSET
Julie Strater – TPS Training Manager
Emily Stone – Assistant Athletic Director.
Konou Vang – CNS Aramark Marketing Manager
Jonah Panthor – Program Manager, Bike Club
Charley Danial – THD School Health
Margie Richardson – THD School Health
Calvin Moniz – Vice President, Board of Education
Joe Jennings – Chef/Operations Officer

Meeting led by: Janet Anderson

Introduction: All attendees introduced themselves.

Purpose review: Janet reviewed the purpose of the Wellness Committee.

Reviewed Old Business

- Walk or Bike to School Event (October 8):
Successful participation at Lindbergh; TPS Facebook page featured Council Oak, Clinton West, and Lindbergh.
- Asked athletics to assist with promoting the spring event to increase elementary participation. Keely will support Lindbergh; CNS can support other schools.
- Wellness Policy Review: Ongoing.
- Nutrition Education: January session with YMM (Youth Medical Mentorship).
- CNS State Review: Scheduled for March.

DESTINATION EXCELLENCE

3027 SOUTH NEW HAVEN AVENUE | TULSA, OKLAHOMA 74114

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New Business

Child Nutrition Services (CNS)

Leadership

- Naomi Whitby-Brown
Whitbna@tulsaschools.org
whitby-brown-naomi@aramark.com

February Promotions

- International Friendship Month – promote kindness and positive interactions
- Feb 14: Valentine’s Day Morning Strawberry Bagels
- Feb 20: National Strawberry Day (Strawberry & Yogurt Parfait at secondary sites)
Limited Time Offer (LTO)
- Feb 24–26: Cheeseburger Nachos with Pickle Queso (secondary sites)

Upcoming Events

- Bike Rally – May 13:
- Discussion on using bracelets for student/staff reimbursement; order submitted.
- Local Produce:
Efforts underway to bring local produce into schools and ESC.
April tour scheduled at Better Day Farms for hydroponic lettuce and vegetables.
- Farm to School Event
March 23 – Better Day Farms will attend.

- Use the Smart Snack calculator:
<http://foodplanner.healthiergeneration.org/calculator/>
- Approved items must be documented and kept on-site by designated staff.
- Fundraiser documentation must also be maintained on-site

Summer Feeding Program

- Contact for activities outside of summer school:
Adaira Washington – <washiad@tulsaschools.org>
Donna Witt – <wittdo@tulsaschools.org>
- Serving ages 0–18 Breakfast and Lunch Daily.

TSET

Vickie Lentz- Wagoner

Overview of partner schools and implementation work

- Nutrition and Physical Activity Assessments
- Hale High School – water dispenser installation planned
- Clinton West (2024–2025 Review):
PE teacher received two boxes of scooters
- Cafeteria received a water dispenser
- Photos of grant-funded items shared

Athletics

Emily Stone:

- Suggested wellness policy updates:
Band to count for PE credits
Annual PE event added to the policy
- Requested athletic-focused menus for summer feeding (cheer, band, etc.)
- Track and Field Day conflicts with Bike Rally; date may change.

Student Health & Wellness

Dr. Lewis:

- Tobacco policy submitted for review
- Reviewing three versions of the policy
- Tobacco policy revision is part of TSET grant requirements

Suggestion for Wellness Committee Goals for next year.

Develop Wellness Initiatives: Education sessions, fitness challenges, stress-management workshops

Improve Employee Health: Programs supporting nutrition, physical activity, preventive care

Foster a Positive Culture: Encourage healthy lifestyles and staff camaraderie

Increase Engagement: Wellness champions to promote communication and participation

Measure Effectiveness: Surveys and participation metrics

Reduce Costs: Improve employee health to lower healthcare expenses

Open Discussion

- Crew Shoes rep visiting this week for employees needing slip-resistant shoes
- Increase student participation in committee meetings
- Encourage more principal involvement
- Expand Bike Club into middle and high schools (currently in elementary only)
- Invite Global Gardens to future meetings Would be interested in the Better Day Gardens.

Bike Club

Jonah Panthor:

- New building nearly complete
- Monthly cookouts hosted for supporters and community
- Next event: Mon 2/9 at New Stone Brewery
- Facility available for community training and events
- April committee meeting will be held at the new Bike Club

Next meeting date to announced.

Meeting Adjourned.