



## Wellness Committee Meeting Minutes

### Agenda

April 21, 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-Wagner – Health Department, TSET  
Konou Vang – CNS Aramark Marketing Manager  
Jonah Panthor – Program Manager, Bike Club  
Charley Danial – THD School Health  
Margie Richardson – THD School Health  
Kenneth Palmer – CNS General Manager Aramark  
Naomi Whitby-Brown – CNS Director of Operation Aramark  
Josh Davis – Gym instructor Owen Elementary  
Christy Wallace -DIR-STUDENT, FAMILY, & COMMUNITY ENGAGEMENT

#### **Wellness Committee Meeting led by:** Janet Anderson

Introduction: All attendees introduced themselves.

#### **Review of Old Business February 3rd**

- New leadership Naomi Whitby-Brown
- February Promotions
- Smart snack calculator: [Http://Foodplanner.healthiergeneration.org/calculator/](http://Foodplanner.healthiergeneration.org/calculator/)
- Approved items must be documented.

#### **Summer Feeding Planning:**

- Donna Witt
- Adairia Washington

#### **TSET -Vickie Lentz Wagoner:**

- Overview of sites. Smarter lunchroom assessment.

#### **Athletics:**

- Track and Field Day conflict with Bike Rally -date change.
- Walk or bike to school Including more schools.

#### **Student Health and Wellness:**

- Tobacco policy updated versions and policies. Dr. Lewis
- Suggested goals for next year

**DESTINATION EXCELLENCE**

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### **Open Discussion:**

- Crew Shoes rep visiting this week for employees needing skip-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
- Facility available for community training and events
- April committee meeting will be held at the new Bike Club

## **New Business:**

### **Upcoming events and information**

- Walk or bike to school May 6th.
- Track and Field event April 28th.
- Bike Rally May 13<sup>th</sup> Bike Club
- Updating Wellness Policy Regs.
- Smart Snack calculator [HTTP://foodplanner.healthiergeneration.org/calculator/](http://foodplanner.healthiergeneration.org/calculator/)  
Approved items must be documented and overseen by a designated individual's Documentation must be kept on site. -USDA Guidelines for competitive food.
- Complete outside food examples.
  - Pizza parties, Celebration (Coffee bar) posted on Facebook.

\*\*\*This can flag us. Please be mindful of what is posted on social media.

### **Child Nutrition:**

- New Executive Chef -Tim Anderson anderson-timothy1@aramark.com
- Promotion for Elementary -National Pretzel Day April 17th.  
Cheesy Kielbasa Soup with Soft Pretzel
- Secondary Sites April 21st 22nd and 23rd  
Buffalo Cheddar Waffalaco

### **Summer Feeding Programs:**

For any Activities for outside of summer school.

Please contact:

- Adaira Washington [washiad@tulsaschools.org](mailto:washiad@tulsaschools.org) and Donna Witt [wittdo@tulsaschools.org](mailto:wittdo@tulsaschools.org)
- Summer feeding Kickoff event is June 5th 11:00-1:00 at Oasis Market
- We are planning to do three additional community-based promotional events.  
June 9th 11-1 Location TBA  
June 23rd 11-1 Location TBA  
July Date and Location TBA

## **Student Health & Wellness:**

### **Dr. Crystal Lewis**

- Updating Wellness Policy
- Updating Tobacco Policy
- TSET Vickie Presented at a meeting with the district nurses.
  - Where to find resource materials
  - Child Nutrition on the Smarter lunchroom Assessment.

## **Athletics:**

### **Emily Stone**

- Walk or bike to school May 6<sup>th</sup> – this is to promote physical attractive.
- Track and Field event April 28th

## **Goals for next year:** Suggestions

Develop wellness initiatives, education sessions, fitness challenges, stress management workshops.

Foster a positive culture; encourage healthy lifestyles.

Continuing to reduce costs, improve employee health to lower healthcare expenses.

## **Round Table:**

1. Points of contact at each site.

2. Stress management training for staff.

3. Advocate for a salad bar (s) – USDA guidelines

- Reimbursable menus
- Menu for next year
- Open for feedback- on Salad bar (focus on healthy eating)
- We have been doing surveys focus groups- and Salad bar was requested.
- After school program, throw away most of their dinner or snack. Looking to improve the dinner or supper.
- Offer vs Server lunch they have four entrees to choose from. They can take both types of vegetables and both types of fruit.
- We are looking into cooking items from scratch.
- We will be training teachers and staff on this.

4. Bike club asked how they get the supper or snack set up in after school program. Email Donna and she will help set up the program.

- Talk about getting to the bike club at Owen elementary. Would need bike storage.
- Wellness initiatives
- Starting over on the Wellness Policy- school operation leadership is working on it and will be implementing it next year.
- Global Gardens
  - Eugene Field

- Greenwood
- Sequoyah
- Whitman
- Springdale
- McClure
- Emmerson
  - Every class has a school garden.
  - Class-seed to plate in fall and spring
  - Students cook food.
- 7 week program – hydroponics
  - Clinton
  - Hoover
  - Key
  - Grissom
  - Kerr

Hydroponics everything made fresh.  
Does not take long to grow.  
Easy to do.  
Food on the Move had hypotonic grown vegetables.  
School pantry (identify)

4. School garden (relationship support work together)

Meeting Adjourned.