

Northshore School District Nutrition & Fitness Advisory

Agenda for March 12, 2026
4:00 - 5:30pm

Committee Members

- Food & Nutrition Services: Juliana Fisher, Hannah Phillips, Delene Andrew
- Student Services: Maya Gutenkauf
- School Staff: Lyn Trier
- District Parents: Abigail Habegger, Vanessa Imus
- Students: Anirudh Bala

Agenda

Triennial Assessment

- Determine Data Collection Method
- Select Assessment Questions
 - NSD [Survey Questions](#)
 - [WPAT Questions](#)
 - Small groups reviewed the WPAT questions and NSD questions to answer if the NSD questions answer the WPAT questions and any changes or edits to NSD list of questions
 - Juliana to review and bring back to the group next meeting
 - Juliana will be working to update the School Meals Policy to bring it to alignment and take out any school meals operation references from the Wellness Policy.

Wellness Fair

- [WM Admin Meeting Recap](#)
- Today's [Subcommittee work](#)
 - Previous meeting's [planning spreadsheet](#)

Program / Station Design

- Refine station topic ideas
- Work with Partnerships Group to narrow down potential partners for each topic

Logistics & Operations

- Plan event flow and volunteer needs

Partnerships

- Work with Station Design Group to finalize list of outreach partners and fill in contact details for each potential partner
- Draft outreach email to potential partners & volunteers

Evaluation & Documentation

- Finalize data collection & evaluation plan
- Continue to work on tools needed for evaluation

Resources

- CDC [Wellness Policy in Action Tool](#) (WPAT)
- [2023 EL Questionnaire](#)
- [2023 MS Questionnaire](#)
- [2023 HS Questionnaire](#)
- [2023 Memo to the Superintendent](#)

Meeting Goals

- Finalize approach for the Triennial Assessment
- Advance wellness fair planning through subcommittee work
- Identify next steps and materials needed before the event

Next meeting : April 27, 2026 in via Zoom

Nutrition & Fitness Advisory Purpose & Objectives:

- Policy and Procedure Assessment: Regularly evaluate and monitor the effectiveness of existing district policies and procedures related to nutrition, physical activity, and childhood wellness.
- Recommendations for Improvement: Provide informed recommendations to the superintendent for the modification or enhancement of policies, practices, and procedures to enhance health services for all students.
- Focus Areas: Concentrate on the following key areas in line with USDA Local School Wellness Policies:
 - Ensuring equitable access to school meals for all students.
 - Improving the nutritional quality and diversity of food options available within our district.
 - Promoting physical activity and creating opportunities for increased movement during the school day.
 - Advocating for the integration of childhood fitness programs and initiatives.
 - Providing education and resources to students, parents, and staff regarding healthy lifestyle choices.