Northshore School District Nutrition & Fitness Advisory

Minutes for May 14, 2026
4:00 - 5:00pm Admin Building Rm 203

Committee Members (bolded members in attendance)

- Food & Nutrition Services: Juliana Fisher, Hannah Phillips, Delene Andrew
- Student Services:
- School Staff: Ann Delano, Sonja Kohler-Gardner
- District Parents: Abigail Habegger, Vanessa Imus
- Students: Anirudh Bala, Sahithya Vellanki

Minutes

Wellness Fair

Program / Station Design

- Update on presenters/stations: all slots full, 8 tables
- Have spoken to all presenters
- Have an ask out to WM parents for volunteers

Logistics & Operations

- Volunteer sign up for committee members, please sign up on the form
- Assess signage needs
- Plan event flow: 1: Outside, 2: Handwashing, 3: Commons, 4: KB, 5: KB, 6: KA, 7: A2, 8: A1

Evaluation & Documentation

- Reviewed and approved teacher feedback form
- Reviewed and approved community partner feedback form
- Reviewed and approved student worksheet/feedback form Add numbering system
- Reviewed items to include in Wellness fair packet

Resources

- Action planning document
- Signage Drafts
- Teacher feedback form
- Community partner feedback form
- Student worksheet/feedback form

Next meeting : Next Year! Have a great summer!

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.