

Northshore School District Nutrition & Fitness Advisory

Notes for April 27, 2026
4:00 - 5:30pm via Zoom

Committee Member Attendance

- Food & Nutrition Services: Juliana Fisher, Hannah Phillips, Delene Andrew
- Student Services: Cindy Mato
- School Staff: Sonja Kohler-Gardner, Lyn Trier
- District Parents: Nilam Dave, Vanessa Imus
- Students: Anirudh Bala, Sahithya Vellanki, Saanvi Vontela

Agenda

Triennial Assessment

- Review work from March meeting
 - - Reviewed the questions with group and finalized the changes and additions in the final list of questions.
- Confirm updated survey questions
 - NSD [Survey Questions](#)
 - [WPAT Questions](#)

Wellness Fair

- Review work from March meeting
 - Previous meeting's [action planning document](#)

Program / Station Design

- Review confirmed presenters/partners
- Discuss missing session needs
 - Currently missing Physical Activity & Safety - Group agreed if we don't get the additional 2 stations filled we will run with 6 stations

Logistics & Operations

- Determine supervision and volunteer needs - Reviewed Volunteer sign up - made recommendations for consolidated time slots - if difficulty gathering volunteers then make it shorter time commitments

Partnerships

- Review [outreach drafts](#) for
 - Volunteers
 - Teachers and school staff
 - Parents and families
- Group agreed and made a few additional suggested edits

- Add a Thank you email follow up and maybe certificate for participation in wellness fair to partners and Thank you email to volunteers

Evaluation & Documentation

- Determine data collection & evaluation specifics
 - Reviewed feedback data points for students, teachers, partners - Added data points and collection methods based on group feedback

Resources

- [2023 EL Questionnaire](#)
- [2023 MS Questionnaire](#)
- [2023 HS Questionnaire](#)
- [2023 Memo to the Superintendent](#)

Meeting Goals

- Finalize Triennial Assessment questions
- Advance wellness fair planning
- Identify next steps

Next meeting : May 14, 2026 in-person

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.