

Northshore School District Nutrition & Fitness Advisory

January 15, 2026, 4:00 - 5:30pm

Committee Members

- Food & Nutrition Services: Juliana Fisher, Hannah Phillips, Delene Andrew
- Student Services: Cindy Mato, Maya Gutenkauf
- School Staff: Sonja Kohler-Gardner, Jeanine Beck,
- District Parents: Patricia Ziegler, Terra Droney, Abigail Habegger, Nilam Dave
- Students: Anirudh Bala, Saanvi Vontela

Minutes/Notes

- Follow up on Woodmoor as a location for Wellness Fair
 - Mid to late May
 - Potentially 8 stations - could add pod as a station
- Explore next steps for Wellness Fair
 - Topics by Power Standard/ideas
 - Sub groups
 - Idea & community partner lists combined with station identifiers
 - Determine information needed from WM admin to move forward with Wellness Fair planning
- Review Triennial Assessment process & resources
 - Process & timeline shared
 - WPAT (Wellness policy and action tool) used 2023
 - FNS lead with Principal survey input
 - Update documents: Procedure
 - Determine sharing methods
 - Committee orientation
 - Discussion based involvement
 - Determine collection method from building Admin
 - Review data and recommendations
- Resources
 - CDC [Wellness Policy in Action Tool](#) (WPAT)
 - [2023 EL Questionnaire](#)
 - [2023 MS Questionnaire](#)
 - [2023 HS Questionnaire](#)
 - [2023 Memo to the Superintendent](#)

Next meeting : March 12, 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.