Northshore School District Nutrition & Fitness Advisory

Agenda for November 20, 2025
Via Zoom 4:00 - 5:15 p.m.

Committee Members

- Food & Nutrition Services: Juliana Fisher, Hannah Phillips, Delene Andrew
- Student Services: Cindy Mato, Maya Gutenkauf
- School Staff: Ann Delano, Lyn Trier, Jeanine Beck,
- District Parents: Patricia Ziegler, Terra Droney, Manju Mahadevan, Abigail Habegger, Vanessa Imus, Alisha Kym
- Students: Anirudh Bala, Sahithya Vellanki, Sannvi Vontela

Agenda

- Review project ideas and votes
    - Highest vote: Wellness Fair
        - Discuss what a wellness fair looks like
        - Discussion and vote for EL level, **Ann to check with Nancy** for WM interest
        - Discuss timeline and subcommittees for student wellness fair - **Committee members assign yourselves to a topic/sub committee**
        - Set Banner statement to define fair content
        - Committee, with schools support and PTA help - with the idea that it can be produced by schools on their own once developed.
    - Tie for second:
        - Physical Activity Breaks - resource exists with EL PE teachers, may need help communicating that is exists, resource includes secondary content also
            - Review classroom energizers already available at school sites
        - Parking Lot this for future: Nutrition Ed resources for Students - wellness fair may have some crossover to here
    - Reminder we have Triennial assessment to work on

Meeting Goals

- Establish projects for 25-26 SY
- Establish work groups and timeline for projects

Next meeting : Dec 11, 2025 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.