

Northshore School District Nutrition & Fitness Advisory

Agenda for October 23, 2025

Admin Building Rm 203 4:00 - 5:30 p.m.

Committee Member Introductions

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

Agenda

- Wellness Policy regulations and overview
- NSD's Nutrition & Fitness Plan (Wellness Policy) & Committee
- Triennial Assessment
 - Reviewed tools
 - Past report/assessment in 2023
- Committee Interest Areas & Special Projects for 2025-26
 - Overview of project ideas that were developed 2024-2025
 - Additional Project Idea -
 - More robust resources for treats and celebrations for MS/HS level
 - School meals - amount of sugar - review of school menus
 - Support for Student Wellness Fair
 - Community night feedback on variety of cuisines-Themed lunches - variety of food offered - NSLW-
 - Nutrition Education offered in lunch lines or other opportunities
 - Food waste
 - Explained no thank you bins
 - Donation of no thank items to athletic programs
 - Community wellness fair
 - Nutrition environment education -
 - Creative flex space - lunch space separation from classroom
 - Adding additional movement
 - Walking classroom
 - Movement/activity break ideas especially for MS/HS

Meeting Goals

- Establish goals for 25-26 SY
- Establish work groups

- Share resources and contacts

Next meeting : Nov 20, 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.