

Northshore School District Nutrition & Fitness Advisory

Agenda for December 11, 2025
via Zoom 4:00 - 5:30pm

Committee Members

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

Notes:

- Sign up for subcommittees
- Follow up on Woodmoor as a location
 - Ann - Principal was supportive of the wellness fair but needs to bring it to SDLT team next week at their meeting. If approved FNS will set up meeting with Principal for next steps
- Subcommittee brainstorming
 - Subcommittees summary post brainstorming:
 - Program/Station Design- Potential topics and what table opportunities - then reviewed the power standards and where they may align with the topics to narrow down the topics; look at 8 different station max with a 40 mins per group
 - Logistics & operations - potential space: outdoor & gym - 100 kids per session in the stations; potential trial/pilot with a group prior to doing the event to work out logistics - possible 5th grade
 - Partnerships - Key partners, some stations could be handled by volunteers, ideas for giveaway items for swag bags (free resources); partnerships with student clubs -possibility NMS student club partners;
 - Evaluation & documentation- Measure favorite and least station and number participates, - gather this data through a passport and make it fun for the kids; exit survey on the way out from students, teachers/staff, and collect feedback from from partners as well; drafted beginning feedback form
- Determine Physical Activity/Brain Break Deliverables
 - Support teachers to utilize Brain Breaks resource that is currently available but underutilized.
 - Deliverable Ideas:
 - Move of the Month in the District Communication - Highlight
 - Quick start document of how to use this resource - increase familiarity
 - Lyn liked this idea and specify it by building type Quick start guides
 - Staff Meeting - create a slide that building administrators could use to introduce it to staff at a staff meeting

- Member liked the staff meeting option focused time - paired down (10) to make is manageable
 - 2nd member supports this - addition to the slide for a staff brain break and give the resource for principals could utilize
- Discuss timeline for Physical Activity/Brain Break Resources
 - Keep on radar - as we jump into the other projects for this committee.

Meeting Goals

- Finalize subcommittee members
- Determine next steps for location selection
- Subcommittees begin work
- Determine Physical Activity/Brain Break Deliverables

Next meeting : Jan 15, 2025 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.