

We had parents and CCUSD employees give input on what should be going on with wellness.
Copies of the Wellness Policy and the Comparison with a model policy given out.
We talked about last year and what could be done better.

The following topics were talked about:

Mental health

Get with Social worker on what can be done regarding this topic.
Flyer/poster letting students know where they can go to talk to someone.

Nutrition Education

More nutrition information to the website (district or CN)
Videos on the fourth period announcements at the HS.
Education on menu TVs. Have dietetic interns update.
Send parents a reminder of the policy in an email.
Posters at the elementary schools.
Provide more information at open house/meet the teacher night/meet the coach night

PE/Physical Activity/Sports/Clubs

Recess before lunch – need to get Principals to agree. Some Elementary schools already do it
HS – students thought they should be required to take more PE
Sports are good but not everyone does an afterschool sport.
HS Powder Puff in the winter to encourage girls to learn football and raise money for cancer.
District wide challenge, incentive to exercise. Teacher give extra credit?
Normal PE activity

Lunch/Breakfast

More salads
Lower fat choices

School Gardens

Pair with PTO at HT for garden grant

Smart Snacks

Went over what it was and how PTO could sell item on campus. Smart Snack handout reviewed.
Would like to address classroom parties and food

Az Health Schools Act:

CN Director will go around to all school staff meetings and explain
Flyers were handed out at open house/back to school nights.
District will start a list of approved items
District will put on the website more information.

2026-2027 members

Shirley Fuss – District/HR
Beth Udisky – Homeless Liaison/social worker
Miriam Fowler – Parent
Michelle Calvin – PE Teacher
Marilyn Altenbern – Child Nutrition
Shanon Quinn – Child Nutrition Wellness Coordinator