

Wellness Committee Minutes

February 21, 2018, 6:00 pm

Wellness Committee minutes, AJ Feuling, chair

1. Goal 4 – Healthy Generations of Carson Students
 - a. Planning, Implementing, Revising was adjusted over more columns
 - b. Climate Survey will be the committee’s benchmark
 - i. 5th grade represents our elementary students (survey 5th – 12th)
2. Objective 4.1.1
 - i. Benchmark: 100% of schools have some type of SEL program
 - ii. SEL is a district requirement.
3. Objective 4.2
 - i. Benchmark: 100% of CCSD students will have experienced curriculum introducing and encouraging healthy lifestyle choices and access to nutritious food every day for breakfast and lunch regardless of ability to pay.
 - ii. Health required for all middle school students.
 - iii. Elementary has a Fresh Fruit and Veggie grant that requires teachers to teach about healthy eating.
 - b. Strategy 4.2.1
 - i. Benchmark: 100% of schools have health/wellness curriculum required by all students passing through a schooling level (ES, MS, HS) and offer physical education in each year of schooling.
 - ii. High school students have to take 2 years of PE.
 - c. Strategy 4.2.2
 - i. Benchmark: ???
 - ii. District should provide information for brain breaks for a more formalized plan.
 1. Teachers should get the kids up at least once every 90 minutes, moving around, doing an activity, but it’s not required.
 2. State has a grant where they’re sending people out from the department of behavioral health to get kids active in the classroom through lesson plans and ideas.
 3. Feedback suggests that teachers don’t want another formal program.
 4. At the GAFE conference, Tasha learned of a Google Extension where you can set a visual reminder with a timer to get up and stretch, or an activity. You can select activities or it can just tell students it’s time for stretch. The extension is called “Move It.” It provides a random brain break.
 - a. Can demo the extension at a principal’s meeting to introduce the idea.
 - b. Can also demo it during our Staff PD days.

d. Strategy 4.2.3

- i. Benchmark: Quarterly meetings by wellness council and biannual meetings by menu advisory committee to assure 100% of CCSD students have healthy and appealing food options for breakfast and lunch regardless of ability to pay

e. Strategy 4.2.4

- i. Benchmark: District school start time committee will research impact of changes to school start times and make recommendation. Complete.

f. Strategy 4.2.5

- i. Benchmark: Offer healthy eating tips for parents on CCSD nutrition website; Link to Carson City Rec Department offerings; district web page on sustainability practices and resources of CCSD and appropriate links to community partner sites.
- ii. Collaboration + using parent university (using technology) for when parents can't come
 1. Resources to help parents for sensory.
 2. A video on allergies suggested as a support for parents.
 3. A video on absences/truancies also a support for parents suggested.
- iii. High school does a series of parent universities and The Parent Project by Parent Liaison using consumable workbooks for English and Spanish speaking families, discussing how to talk to your teenagers about alcohol, social media, etc. It's one night a week for 8 weeks.

4. Objective 4.3

- i. Benchmark: School based health center available to all students, staff and families.
- ii. Nevada health centers – how sustainable is it at this point fiscally? They're currently contractors.
- iii. There's currently discussing about how to fund the health center if they "go under."
- iv. Strategy 4.3.1 – Road Map is now called a Blue Print. Problem: You have to be a member of NASBHC to get the "full" road map. Question: Does the district want to fund membership.