

## Wellness Committee Minutes

November 28, 2018 6:00 – 7:30 pm, CHS Library

### Goal 4 – Healthy Generations of Carson Students

#### Minutes

Present: A.J. Feuling (chair), Mark Korinek, Christy Lenox, Jan Alberson, Linda Hurzel, Chris Cooper, Bryan Achilles, Bev Heath

1. Previously, AJ presented to the School Board on June 12, 2018.
  - a. Copy of Power Point presentation distributed
  - b. Presentation was well received; lots of questions were asked
  - c. Stood out: There is one, specific objective that has not been dealt with at all:

#### Strategy 4.2.5

- i. Goal: To address by December 31, 2018
  - ii. In collaboration with the district external communications plan, work with the local media to invite the community to learn about healthy eating tips, fitness and recreation opportunities, as well as available resources and sustainable practices offered by CCSD and participating community partners.
    1. Offer healthy eating tips on website
    2. Have a district web page on sustainability practices
    3. Links to community partner sites
  - iii. Currently, on the district website, there are a series of drop down menus. Under parents, there is a link to community resources that 3 or 4 years ago, Renee (maybe) set up. It has not been actively maintained.
    1. Suggestion for website/link maintenance: District PIO Dan Davis
    2. Looking for a quick place to go for links to resources
2. The healthy eating tips
    - a. Focusing on nutrition
    - b. See handout, first page
    - c. Aramark school dishes: CCSD post all of the menus for all of the schools every day
      - i. If you hover, nutritional content listed
      - ii. Nutrislice – online forum for menus to hold for nutritional information and build your meals. E.g. If you have diabetes, you can determine your total carb count.
        1. Currently piloting as an organization starting January 2019.
          - a. CCSD is on the list to pilot this.
          - b. Question: Is there a financial impact? Needs to be cleared first.
            - i. They have to pay for their online platform. Need to determine if there's a financial variance.
      - iii. Currently, Katie with the district updates the online nutrition information,

- iv. Also, Aramark have Healthy for Life – mainly an online resource for secondary schools – can be transferred electronically, includes parent engagement piece, quarterly update, already .pdf'd, articles on salt intake, etc.
      - 1. Suggestion: Send out tips to each of the principals
      - 2. Will send examples to AJ tomorrow.
    - v. Suggestion: On the nutrition side: Wants to talk about bringing in Corey (Greenhouse manager) into the schools and bringing what they're growing there. These are resources we have right here. Even taking the kids to the Greenhouse is amazing. Even aquaponics – growing in water with fish--would be amazing.
  - d. Next: USDA has a website called Choose My Plate, where they have tips on a healthy eating style, nutrition facts, physical activity advice and Nevada agriculture.
    - i. Discusses all of the agriculture that comes out of Nevada
    - ii. Have Choose My Plate: talks about ideas for healthy eating and how you can measure your physical activity.
  - e. Suggestions: The American Heart Association would have good information.
    - i. New thing: Less screen time promotion
  - f. Suggestion: The Dairy Council
    - i. The Nevada-Utah Dairy Council
  - g. Suggestion: Healthier Generations.com
- 3. Fitness and Recreation
  - a. Suggestion: Get Nutrition information into the PeeChees
    - i. Create a sign-up calendar for sports/activities
    - ii. There isn't a master calendar
  - b. Suggestion: Have a PTA meeting that discusses these issues
  - c. Carson City has a recreation website with all of their youth and adult activities available, can rent space; good idea to have that link.
  - d. Suggestion: Shape America – a national organization that has parent tips
  - e. Suggestion: Muscle Powered
  - f. Suggestion: Safe Routes to Schools
- 4. Ran a search on how healthy is Nevada
  - a. US News World report: Nevada ranked 30<sup>th</sup> overall
  - b. Mental health, suicide rate and smoking rate weighing NV's ranking down
  - c. Locally, the Carson City Health and Human Services website is pretty good with a few links, though, that go to nowhere.
    - i. They had a comprehensive plan that was good, but it hasn't updated since 2014.
    - ii. Many links are good:
      - 1. Nevada Health Data
      - 2. Carson City Community Health Clinic
      - 3. Children's Health
      - 4. Human Services Division
      - 5. Teen Pregnancy Prevention
      - 6. Tobacco Use Prevention
      - 7. WIC (Women Infants Children) – not just for women any more

- d. NAMI – National Association Mental Illness; they do lots of community presentation. We have a very active local chapter.
  - e. Vaping a growing concern at the secondary level.
  - f. Food pantries, food, materials, etc. at the secondary level – run by guidance counselors... Mckinney-Vento
  - g. Partnership Carson City have an excellent website. They have a great page that 150 resources for people need help for something, or achieving something... [www.pccarson.org/local-services/](http://www.pccarson.org/local-services/) This is one that should be added as a link on our page.
  - h. Step up (sponsored by teacher Erin Been)
  - i. Clean up info on CCSD School Based Health Center
  - j. Dan Davis can help setting up the website piece and communicating to the public
    - i. Add info to different social media pages
  - k. Add healthy tips on copies of school menus, but not cost-efficient
  - l. Can add click counters to website
  - m. Some elementary teachers communicate to parents using Class DoJo.
  - n. Safe School Professionals are at every school and are experts at local, community resources.
  - o. Boys and Girls Club
5. Sustainability
- a. Mr. Korinek and Mr. Davis are putting together a website to share efforts at sustainability in the district.
  - b. Handout -3 pieces: profit, people, planet for sustainability
  - c. This relates to every goal we have in the Strategic Plan.
  - d. Recycling at every school is coming July 1.
  - e. Can provide numerous website links. Will email.
6. AJ will research and put some ideas together for our next meeting. We will have something by December 31, but it may not be published.