

## **Wellness Council Meeting Minutes**

**November 6, 2018**

Present: James Lohry - Director Food Services, Karla Frausto-Hernandez- Student, Teresa Spicer Nutrition Program Supervisor University of California, Grilda Gomez – Nutrition Educator University of California, Angelica Rogers – District Nurse, Alberto Corrales – Assistant Principal Freedom Elementary, Randy DeGraw – Superintendent, Alma Cuevas – After School Community Liaison, Veronica Fernandez - Hester Parent, Dr. Paul Sevillano – Assistant Superintendent.

### **AGENDA**

1. Welcome / Introductions
2. Reviewed 2018-2019 Wellness Council meeting dates and timelines for meeting on-site administrative review requirements.
3. Reviewed Wellness Council minutes dated October 11, 2018. No changes.
4. James Lohry, Director of Food Services reviewed items related to the on-site administrative review and submission of required component responses. District administrative review responses were reviewed. Council agreed to additional changes recommended and revised document will be updated prior to sending.
5. Local School Wellness Policy draft #2 reviewed and finalized completing document updates. A final document review of pages 1-19 will be completed by subcommittee council members and posted on the district web page.
6. The Wellness Council completed a review of the last element of the Triennial Assessment Report. This included a review of Physical Fitness Data Testing from 2016-2018. The Council reviewed the data to determine if the Aerobic Capacity of students in grades 5, 7, 9 did improve over time. The data was mixed and new aerobic capacity student fitness benchmarks were established for the 2019-2020 school year.
7. Council Member Updates – Mr. Lohry provided an update on the Valley Food Show scheduled on January 1-4 in Visalia. Ms. Rogers provided an update on the Nutri-kids carbohydrate App program. She reviewed the benefits of the program and technology that would benefit student and their parents for special diets. The drawback of the program is it would require significant staff time for entering the calculation of meals. Ms Spicer agreed to share a sample at our next meeting of the Nugget News a parent communication provided for parents in another school district.