

## **Wellness Council Meeting Minutes**

**March 28, 2019**

Present: Teresa Spicer Nutrition Program Supervisor University of California, Grilda Gomez – Nutrition Educator University of California, Oscar Cisneros Community Representative, TCOE Nutrition Consultant – Robin Cooper, Randy DeGraw – Superintendent, Alma Cuevas – After School Community Liaison, Dr. Paul Sevillano – Assistant Superintendent / Hester Interim Principal .

### **AGENDA**

1. Welcome / Introductions
2. Reviewed 2018-2019 Wellness Council meeting dates and timelines for meeting on-site administrative review requirements.
3. No minutes for February 14, 2019 meeting due to not sufficient staff in attendance (Valentine's Day). Meeting cancelled until March 26, 2019.
4. Reviewed Wellness Council minutes dated November 6 2018. No changes.
5. District Administrative Review update. Dr. Sevillano provided an update to TCOE regarding Wellness Policies and Triennial Assessments uploaded onto District Wellness webpage
6. Dr. Sevillano provided an update on the current Physical Fitness testing and objective to increase aerobic capacity in grades 5, 7, 9 for the 2018-2019 school year.
7. Council Member updates: District Nurse – provided information on diabetes support group and health screenings offered for staff; University of California Nutrition Educator – shared researched-based articles on The Crucial Role of Recess and School Based Policies to Prevent Obesity and Help Prevent Food Waste; TCOE – provided an update on the chalk-run event and organization changes; Community Member – provided a flyer to promote Day of the Child event here in Farmersville on April 27,2019; After School Program Coordinator provided an update regarding the Cooking Academy program and nutrition education that students will be learning.
8. No future meetings for the 2018-2019 school year.