

WELLNESS COMMITTEE  
MEETING  
DRAFT MINUTES

April 20, 2016  
1:55 p.m.

Bolinas Campus, 2<sup>nd</sup> floor meeting room  
125 Olema Bolinas Road, Bolinas CA 94924

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Meeting called by: John Carroll Type of meeting: Regular  
Facilitator: John Carroll Note taker: \_\_\_\_\_  
Attendees: Suki Ferrari and John Carroll  
Please read: Wellness Policy BP 5030 and Points for discussion (see links below)

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## AGENDA ITEMS

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### Topic

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#### Item A A written plan for drafting goals under items 1 & 2.

##### 1. Nutrition Education/ Healthy Eating for Learning potential/ Oral Health/ Weight Management *DRAFT GOALS*

- *Establish what we want students to know about those things.*
- *Identify skills and behaviors we want to student to have.*
- *Develop instructional strategies and activities designed to facilitate those that knowledge and those skills.*
- *Develop a method of assessing how well students have achieved those goals.*

##### 2. Disease prevention.

##### *DRAFT GOALS*

- *Establish what we want students to know about those things.*
- *Identify skills and behaviors we want to student to have.*
- *Develop instructional strategies and activities designed to facilitate those that knowledge and those skills.*
- *Develop a method of assessing how well students have achieved those goals.*

#### **TO DO:**

A. a. Suki will make a preliminary list of essential understandings that we want all students to have. She will send those to John who will add to it, edit etc.

A. b. John will draft instructional strategies and get input from teachers.

A. c. John will develop an assessment to be used once student goals have been finalized.

#### Item B Appointing a member to create a draft of goals for items 3 & 4.

##### 3. Physical activity and education.

*Appoint person to draft goals*

*PE, Recess, athletic programs*

*Collaborate with agencies (Safe Routes to Schools, After school programs)*

##### 4. Other school based activities.

*Appoint person to draft a plan for meeting #2*

*Staff as positive role models*

*Professional development for staff*

*Information in the school news*

*Information on the website*

#### **TO DO:**

B.a. John Will ask Carlos to draft goals for #3.

B.b. John will draft goals for #4

Item C

Appoint a member to draft a memo/ statement for item 5.

*5.Nutrition guidelines/standards*

*Can we just agree to do this? Draft a memo for all staff and parents?*

*Limit unhealthy foods served at classroom parties and have these served after lunch*

**TO DO:**

C. a. John will draft a memo/ statement as per Item #5

**OTHER INFORMATION**

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**Observers:**

<https://www.dropbox.com/s/5h3l95jyobwpxw/points%20for%20discussion.pdf?dl=0>

**Resources:**

<https://www.dropbox.com/s/73jrnzkig0owmnv/wellness-5030.pdf?dl=0>

**Special notes:**

Future:

**Add the following to future agendas**

School Health Index baseline every two years

Analysis of nutritional content

Student participation rates in snack / lunch program

Data collected via:

Fitness gram

CA Healthy kids survey

Guidelines for reimbursable meals

**Can Suki respond to these?**

School should participate in the

National School Lunch Program (NSLP)

Outreach to eligible families/students to encourage free/reduced program p

Use organic and locally produced foods when possible

Provide a clean, safe and pleasant place to eat

Make sure water is available