

Summit Public Schools Local Wellness Committee Minutes
[2019-2020]
11/07/19

Meeting Participants				
Caroline Hum (Parent)	Claudia Chavez (Dean of Operations)	Hazel Loa (Student)	Maria Conjura (Parent)	James McKinney (Operations)

Meeting was called to order @ 4:30PM.

Each Committee member (1) reviewed the agenda, (2) reviewed the Wellness Policy, (3) took the Wellness Policy Assessment, and (4) shared thoughts on improvements that the team would like to implement over the course of the school year.

Questions/Wonderings:

- This document represents all schools, may be executed differently
- How is Summit upholding the Wellness Policy?
- Only available meals are during breakfast and lunch...
- Why aren't there more alternatives to the current sports selection that encourage us to stay active?
- Who provides nutrition education? To parents, students etc.
- Every year there is supposed to be nutrition education.. But it doesn't happen
- Portions: Should they be updated varying by age/needs
 - Breakfast and lunch size portions
 - Small servings for breakfast are being offered... maybe have a snack bar by lunch masters in between times (in compliance with USDA requirements)
- How do we implement mental wellness options in our schools: yoga, meditation etc.
- What additional food options can we provide during the school day for students at Shasta?
- I would like to know why don't we allow students to taste the food we provide.. We can get a better idea of the things they'd like and what they'd rather eat.

Points to Revisit

- Educational Opportunities for families to learn more about nutrition and healthy eating

Next Steps:

1. List things we want to do to improve wellness in our schools
2. Maybe we can coordinate a food tasting with LunchMaster for new menu items
3. Talk about what selling compliant food items during the school year can look like