Summit Public Schools | Triennial Assessment Follow-Up

Winter Wellness Committee Meeting

2022-2023

January 26, 2023

Roles

Facilitator: Alara/Claudia	Notetaker: Kalyn	Timekeeper: Yesenia	Action Items: Kim
Group Members: Lizbeth Negrete (Tahoma OA), Samantha Aguirre (Tahoma Student), Michelle Ladcani (Prep Parent), Cata Fuenzalida (Denali DOO), Lourdes Santos (Atlas Server), Caroline Hum (Shasta Server), Mimi Maher (Denali Parent/Staff), Michelle Ladcani (Summit Prep Parent), Daira Ramirez (Everest DOO), Kim Combs (Olympus DOO), Xochil Rodriguez-Villalpando (Tamalpais DOO), Roly Perez Lopez (K2 Student), Tosh De Guzman (K2 Student), Jenyfer Hughes (K2 CEM), Rob Romero (Denali MS Server), Elena Anaya (K2 MS OA)			

Agenda Items:

1. Sign-In, Roles & Committee Introductions **(18 min)**

   Atlas Sign-in

   Olympus Sign-in

   Sierra Sign-In

   All CA Schools Sign-In

   - Introductions
     - Name
     - Role
     - What was your favorite childhood school lunch item?
   - Overview of the Agenda
     -

2. Meal Service Program Assessment **(17 min)**

- Objective: Reflect and iterate on current meal service program across all SPS schools (not state specific)
- Discussion:
  - What's going well?
    - Michelle L: Happy with the food at SPS, having menu and 3-4 options usually daughter finds something that she likes. Agrees with the challenge of nutrition over taste. My daughter likes pasta, breaded chicken sandwich, chicken noodle soup, hamburgers, corn dogs
    - Daira (Everest): Love the communication between provider and campuses

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        - Yesenia + Lourdes (Atlas): Important to value student input
        - Roly (K2 student): salads are very popular
        - Caroline: individually wrapped fruit, apple slices popular. Try new items: chicken calzone was added this year and its super popular
        - Uriel: flexibility of lunchmaster, being able to cancel orders, responsive communication, great drivers
        - Xochil: Vegetarian options are helpful, field trip lunches
        - Cata: Easy ordering, adjusting schedule
        - Olson: daily cereal option allows students who arrive late to get breakfast that does not to be heated
    - What could be improved?
        - Michelle: Some days there are fewer options, at least three options is best. Not as good when they serve the same item multiple days in a row. We should do a survey to see what students like.
        - Tosh D: Taste is the main reason students give for not eating school lunch
        - Anaya: Inconsistencies (sometimes biscuits get swapped out for general wheat buns) impact students, quality issues (bad fruit)
        - Caroline: We used to have 4 options, now only 3. Would also be nice to know cereal options - some days its the same 3 days in a row
        - Lizbeth: students are tired of pizza; we need more variety
        - Xochil: Students request almond milk and oat milk, variety would be helpful
        - Yesenia + Lourdes (Atlas): Last year we were provided a full list of options and I got to make selections of what was served for lunch each day. It improved our participation but we have not been able to do that this year. Our menu is also too cyclical - feels like each week students are eating the same meals on the same days.
    - Other feedback?
        -
    - What are the next steps?
        - Goal from Spring 2022: Collect feedback from students on the entrees that they like and don't like
            - We need to create a student survey
                - Volunteers for survey CA: Summit K2
            - It would also be great to create a parent/caregiver survey

3. Gather initial thoughts and feedback about general health and nutrition in SY23 (this could include PE, use of smart snacks, nutrition, etc) **(15 min)**

- Discussion:
    - What are glows and grows when it comes to student health and nutrition?

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        - Uriel: Summit Prep gets caregiver donations for chewy bars/nutrigrain bars. Strict guidelines. Provided for students who need to take medication.
        - Daira: Everest donations for same reason and during testing season
        - Tosh: Summit K2 HS keeps leftover table available for students (cereals, extra lunches)
        - Olson: K2 HS chose to have enrichment / intervention block immediately after lunch allowing longer movement break for students opting into enrichment classes like rugby, flag football, martial arts, girls lacrosse, etc
        - Physical activity options during Expeditions
        - Staff vs. students games during lunch time
    - What would you like to see insofar as communication from the school, or the school doing?
        - Anaya: access to the meal calendar / schedule on our website more in advance
    - Spring 2022 Goal: Build connections with local organizations to promote physical activity and safe routes to school
        - Have we done this? What more can we do?
            - Olympus: access to “uber” and other transportation options when students’ neighborhoods are impacted by violence/gun violence
            - K2 HS: many students participate in bus pass program for ACT transit
            - Everest: SamTrans passes

4. Set date for next meeting - April/May ? **(5 min) - please schedule at 3:35 on Tues/Thurs or at 4:10 so teachers can opt in**

- Topics for next meeting:
    - CA Vendor Bidding Process

5. Next Steps **(5 min):**

    a. Scan today’s sign-in, notes, and next meeting date to School Food Solutions

        Owner: Alara

    b. Email out notes to all Wellness committee members

        Owner: Claudia

    c. Send calendar invite to all wellness committee members for the May meeting

        Owner: Claudia

    d. Post next wellness committee meeting on school website

        Owner: Alara

    f. Fill in table below based on your action plan

        Owner: Alara

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Action step from Action Plan: Meal Service Program Assessment

Steps to Achievement	Decisions/Still to do	Assign to Who/Due When
Create two surveys: caregivers & students	Draft survey questions	Olson, K2 / By 3/31
Share surveys out to all sites via Ops Blast	n/a	Alara and Claudia / By 4/15
Administer surveys to students and caregivers	Decide best way to share out	All DOOs / By May meeting

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Summit Atlas Local Wellness & FSMC Committee

Sign- In

Name	Role	Email
Yesenia Barajas	Dean of Operations	Yesenia Barajas
Lourdes Santos	Lunch Lady	Lourdes Santos
Claudia Velazquez	Director of Regional Operations	cvelazquez@summitps.org

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Summit Olympus Local Wellness & FSMC Committee

Sign- In

Name	Role	Email
Kim Combs	DOO	kcombs@summitps.org
Claudia Velazquez	Director of Regional Operations	cvelazquez@summitps.org

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Summit Sierra Local Wellness & FSMC Committee

Sign- In

Name	Role	Email
Claudia Velazquez	Director of Regional Operations/Interim DOO	cvelazquez@summitps.org

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All California SPS Schools Local Wellness & FSMC Committee

Sign- In

Name	Role	Email
Lizbeth Negrete	Office assistant	lnegrete@summitps.org
Uriel Rafael	DOO	urafael@summitps.org
Samantha Aguirre	Student	saguirresandoval.ta@mysummitps.org
Cata Fuenzalida	DOO	cfuenzalidabello@summitps.org
Xochil Rodriguez Villalpando	DOO	xrodriguez@summitps.org
Caroline Hum	Food Server	chum@summitps.org
Michelle Ladcani	Prep Parent	mladcani@aol.com
Daira Ramirez	DOO	dramirez@summitps.org
Kalyn Olson	DOO K2 HS	kolson@summitps.org
Mimi Mmaher	Denali Parent & staff	mmaher@summitps.org
Rob Romero	Denali Parent & Staff	rromero@summitps.org
Tosh De Guzman	K2 Student Rep	tdeguzman.k2@mysummitps.org
Roly Perez	K2 Student Rep	rperezlopez.k2@mysummitps.org
Elena Anaya	K2 MS OA	eanaya@summitps.org

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Jenyfer Hughes	K2 H.S CEM	jehughes@summitps.org
Alara Guzman	Director of Regional Operations	aguzman@summitps.org