



Valley Center Pauma Unified School District

2018-19

Wellness Committee Minutes

May 14, 2019

3:30-4:30

P-17

1. Welcome

Jon Petersen welcomed the committee and thanked members for their attendance.

2. Purpose of the Committee

- a. Required for all districts participating in the National School Lunch Program
- b. Committee appointed by the Superintendent or designee to:
 - i. Assist with policy development on student wellness
 - ii. Advise the District on health-related issues, activities, policies and programs
 - iii. May include planning and implementing activities to promote health within the school community

3. Update on CPR Training for Students – Mark Hailwood, VCHS Principal

Mark Hailwood reviewed the high school's progress in meeting its goal to have 100 percent of the student body CPR certified. More than 300 students were certified this year, which is the third year of the initiative. At this point, we are now graduating senior classes that are virtually 100 percent CPR certified, which was the vision of board member Julie Stroh. Mark reviewed the instructional program, which is conducted through science classes. The live hands-on training is conducted by EMT's who volunteer their time. He shared photos from this year's training.

4. Child Nutrition Services Presentation - Johnna Jenkins, Director of Child Nutrition Services

Johnna Jenkins gave a presentation about our Child Nutrition Services program and the Wellness Policy. Her Power Point slides are reflective of her presentation and are attached to these minutes. After explaining nutrition requirements and the challenges of creating menus, Johnna noted that we serve breakfast to 1,100 students daily, and 1,450 lunches to students every day. The presentation concluded with a review of the purpose of a Wellness Policy and ideas about assessing its effectiveness.

5. Review Wellness Policy and Its Implementation – Jon Petersen, Chief Business Officer

Jon Petersen then went into a little more depth about the content of the district's Wellness Policy, which appears to be up-to-date with regard to the latest laws and regulations. He then stressed the importance of communicating the policy to the school sites, and site principals in particular, to ensure that all elements of the policy are enforced, especially in light of administrative turnover. He proposed developing a Wellness Policy tip sheet or memo to be distributed to school site principals that would highlight key points from the policy for principals to know and implement. He shared a draft of potential content for such a memo. One example, among many, would be to highlight for site principals the procedures to be used for physical activity in inclement weather, such as extreme heat. The committee reviewed the draft language. Member Kathy Yarush made some suggestions to ensure that the memo or tip sheet reflect exact wording from the Wellness Policy itself with regard to what is permitted and not permitted in classroom celebrations that involve food.