

**Tulare City School District
District Wellness Committee**

October 20, 2023

Minutes

Start at 11:00 am

Those Present:

Tricia Leslie Director of Health Services and Programs TCSD, Theresa Beck ELO-P Coordinator TCSD, David Freitas Assistant Superintendent of State and Funded Programs TCSD, Gabe Hinojos Teacher on Assignment Physical Education TCSD, Stephanie Sparkman Manager Child Welfare, Attendance and Safety TCSD, Shanda Vaccaro Coordinator (SPED) TCSD, Ira Porchia Director Child Welfare, Attendance, and Safety TCSD, Caren Vander Feer Supervisor I Nutrition Services TCSD, Al Costa Coordinator III Nutrition Services TCSD, Erika Zamorano Health Secretary/Health-Aide TCSD, Dawn Wells ALTURA Centers for Health, Liz Manolog Reaching Higher, Alyssabeth Navarro and Irene Padasas University of CA/UCCE, Josh Hutcheson Boys and Girls Club, Marie Pinto ProYouth HEART.

AGENDA ITEM I: Welcome and Introductions- Tricia Leslie

Tricia Leslie introduced herself and welcomed everyone to the meeting. She asked that everybody introduce yourself to the group.

AGENDA ITEM II: LEA Medi-Cal Funding- 2021-2022 Revenue and Expenditures Report- Tricia Leslie

See Attached Hand out

AGENDA ITEM III: LCAP Overview and Feedback Opportunity- Tricia Leslie

See Attached Hand out

AGENDA ITEM IV: TCSD Roving PE Presentation- Gabe Hinojos, TOA

Gabe Hinojos shared with the group that PE is for First thru Fifth grades at all elementary sites. There are 4 teams. Each team consists of 2-3 Teachers and 2-3 Aides. The Health Screenings are being done during PE time so the students aren't missing additional class time to be screened by the School Nurse. While the students are at PE the Classroom teacher gets 100 minutes of planning time. David Freitas mentioned that Transitional Kindergarteners, Kindergarteners and Sixth graders receive Visual and Performing Arts.

AGENDA ITEM V: Roundtable Discussion

Theresa Beck shared there are over 3,000 kids enrolled in ELOP. Between Best Club at 8 sites, CHOICES at 8-10 sites, ProYouth HEART 5 sites adding a 6th site soon, Reaching Higher 2 sites on campus and 1 site off campus, Boys and Girls Club 1 site off campus, Tutoring, Theater productions and cheerleading.

Al Costa shared his word of the year is CREATIVE! He has started to cook from scratch in the kitchen making muffins, scones, chili, wraps, sandwiches and salads. The Nutrition staff is looking to improve the menu with more Healthier choices for the students. Octobers Produce Feature: Pumpkins! A ½ cup of pumpkin provides an excellent source of Vitamin A! The bright orange color means that a pumpkin is loaded with beta-carotene. Beta-carotene is an important antioxidant that may help against aging and lowers risk of cancer. This Thanksgiving the Nutrition dept is going to be serving a Thanksgiving Dinner for the students with all the fixings.

Stephanie Spakman and Ira Porchia are working on Attendance district wide and Safety walks at all school sites.

Alyssabeth and Irene from UCCE shared they have over 2,000 students and 65 teachers working with them. UCCE has Nutrition corners in Nine of our Cafeterias. UCCE, Food Link and Altura host a Farmers Market on the 1st Thursday of every month at Wilson School and the 3rd Tuesday of every month at Roosevelt School. Irene also shared they are working with a UC Master Gardner and the school gardens to teach parent education classes.

Dawn Wells from Altura stated the Dental clinic on West Tulare Ave. will see walk ins or text for same day appointment for Emergency dental appointments. The New construction on Cartmill has been delayed due to switch gear that should be shipped in November, 2023. Projected Grand opening in late Spring.

Marie Pinto from ProYouth HEART is opening a 6th site soon. She mentioned they need more AM sites for kids getting to school at 7am. She also shared there are 4 pathways that alternate every 6 weeks between Ag and Art.

Joshua Hutcheson Director of Boys and Girls Club shared they are starting flag football league. For Thanksgiving last year Joshua mentioned that the Boys and Girls club handed out 300 free Thanksgiving dinners with all the fixings, this year he is going to try and distribute 500 meals.

AGENDA ITEM VI: Questions- None

Adjourn: 12:00pm