

**Tulare City School District
District Wellness Committee**

April 4, 2024

Minutes

Start at 10:04 am

Those Present:

Tricia Leslie Director of Health Services and Programs TCSD, Gabe Hinojos Curriculum Specialist ELO-P/P.E. & Athletics TCSD, Kinelle Rodriguez Coordinator of Community Schools, Joel Robertson Supervisor I Child Welfare and Attendance TCSD, Stephanie Sparkman Manager 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, Teresa Spicer University of CA/UCCE, Marie Pinto and Brooke Carman 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: TCSD Nutrition Department Information and Updates- Al Costa

Al Shared the Main Cafeteria is being remodeled beginning in September, 2024. It will be shutdown for approx. 5 months to complete remodel. Kitchen staff will be working out of the Kitchen at Alpine Vista. All cafeterias have been equipped with a ViewSonic monitor where Nutrition staff can display Menus and the food of the month. Al and Caren shared the new features that will be added with the remodel such as a tilt skillet to cook meats and more ovens to be able to produce more baked goods, since the Nutrition staff will be doing more “scratch cooking” adding egg bites, biscuits, muffins and scones. The Fruit of the Month is Berries: Look for Strawberries on the produce stands daily. April 19th is the 5th Annual White Milk Challenge. The school who drinks the most white milk on April 19th will be awarded a Golden Cow Trophy along with a pizza and ice cream party. ELOP will have cooking classes begin on

April 8th, 2024 at Cypress and Kohn, April 9th at Heritage and Maple, April 10th at Mulcahy and Roosevelt and Friday April 12 at Wilson. These classes are through their after-school programs.

AGENDA ITEM III TCSD Community Schools- Kinelle Rodriguez

Kinelle showed a presentation about the Meaning of Community Schools. A community school is any school serving pre-K through high school students using a “whole-child” approach, with “an integrated focus on academics, health and social services, youth and community development, and community engagement.” As a school improvement strategy, community school initiatives enable the local districts and school to work closely with educators, students, and families to understand and address the unique needs, assets, and aspirations of the school community. There are 4-Pillars of Community Schools: 1. Integrated Student Supports-meets the students’ academic, physical, social-emotional, and mental health needs. 2. Family and Community Engagement- this includes “home visits, home-school collaboration, [and] culturally responsive community partnerships.” 3. Extended Learning time & Opportunities- includes academic support, enrichment, and real-world learning opportunities. Extended and Expanded learning are defined as before and after school care and summer programs. 4. Collaborative Leadership & Practices- for educators and administrators should establish a culture of professional learning, collective trust, and shared responsibility for outcomes in a manner that includes students, families and community members.

AGENDA ITEM IV: Roundtable Discussion

Gabe Hinojos Curriculum Specialist ELO-P/ PE & Athletics shared the PE teams are making smoothies with vegetables and fruits with the students to promote good nutrition. Pickle ball is a new sport that has been added to afterschool sports for 4th, 5th & 6th graders at all schools. Staff and students have been participating in a push-up challenge.

Joel and Stephanie CWA- shared about Moving the barriers for Attendance. Looking into an additional van for transports. CWA and The Rack Room have a partnership where The Rack Room has donated 78 pairs of active shoes for students who are in need through out the school year. They have an Incentive program for attendance for a chance to win a Scooter and

helmet. There will be 2 winners per school site. ALICE “Active Shooter” training has been going on and has had good feedback from Staff.

Al Costa Nutrition shared that Principals can order special breakfasts, fruit trays and cinnamon rolls for special events like attendance assemblies. Al also shared about the school gardens with plans to one day have a salsa contest made with the vegetables grown in the gardens. Al mentioned he would like to host a food show where parents and students can come to sample the foods that will be served at the schools throughout the year and have field trips to the Main kitchen so the kids have an opportunity to see how the kitchen is run and make a pizza.

Dawn Wells from Altura mentioned that construction at the New location on Hillman should be done by the end of May beginning of June with the doors opening by the end of June.

Marie Pinto from ProYouth HEART shared some history about ProYouth since they are celebrating their 30-year anniversary as ProYouth, Non-Profit organization. In 1991 Visalians For a Gang Free Community (VGCF) started as a community-based partnership formed by volunteers and the Visalia Gang Suppression Unit to challenge gang activity by assessing and developing solutions for the safety and education of students in after school hours. In 1994 Visalians for a Gang Free community gains non-profit status under the name ProYouth. In 1998 ProYouth- HEART- Health, Enrichment, Academics, Recreation, Teamwork- established at three schools in Visalia, serving 220 students and funded entirely by local donations. In 2016, ProYouth served 15,866 students across eight school districts in Central California through grant and contracted based programs. ProYouth is hosting a Golf tournament on May 31, 2024 and a Gala on June 1st, 2024 at the Wyndham. ProYouth HEART is hosting summer program at Alpine Vista, Garden, Heritage and Maple from 7:30-5:30 during the summer months.

AGENDA ITEM V: Questions- None

Adjourn: 11:09pm