



**Valley Center Pauma Unified School District
Wellness Committee Minutes**

June 10, 2024

3:45 p.m.

P-17

1. Welcome

Michael Aviles called the meeting to order at 3:50 p.m.

2. Introductions

3. 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

4. Overview of Wellness Policy

- a. Went over BP 5030 and highlights of current Wellness Policy
- b. Held a roundtable where the following topic was discussed:
 - i. "In the cortex: how to wire the brain"
 1. Discussed how movements can be incorporated into the classroom to afford students the ability to calm their minds and bodies
 2. Connecting the mind to the bodies through movement.
 3. Online program and videos to help teachers and students with alternate means of settling restless bodies.
 4. Inthecortex.com for more info

5. Child Nutrition Services Update

Michael Aviles presented the following topics:

- A history of school nutrition in the United States
- An explanation of universal meals and the Community Eligibility Program (CEP)
- Went over participation rates at VCPUSD
- The average number of meals served throughout the school district
- The reasons why the school breakfast and lunch programs are healthy, safe, and important

- Offered ways to get involved

6. Update on Physical Education and Health Programs – Mark Hailwood, Assistant Superintendent of Educational Services

Assistant Superintendent Mark Hailwood gave an overview of the district's current health and physical education curriculum.

The highlights included the district's efforts to give students ample opportunities for physical activity. There was a brief discussion on district initiatives to keep students socially and emotionally healthy as well, including a review of resources such as Second Step and 3rd Millennium Classrooms. He shared the PE standards for both elementary and secondary levels, and he reviewed the Physical Fitness Test (PFT) that is part of the state testing program, including the FITNESSGRAM tool used to assess student physical fitness. Explained that since COVID, the State has been collecting participation rates. But moving forward, individual scores will again be used.

7. Adjournment

The meeting was adjourned at 4:43 p.m.