

### 2024-2025 Wellness Committee Members:

Committee Chair: Ashlee Mullender (High School Health and Physical Educator),

Committee Members: Wanda Gayle (School Board Representative), Tessa Scheffler

(School Operations), Holly Minshew (Junior High History Teacher), Sherri Berrest (Head Lunch Personal), (Health Specialist) Ismael Alebbo (Student Representative),

Alya Al Mashhadani (Parent Representative)

### Information and Toolkits on the Local Wellness Committee Requirements:

UDSA Wellness Policy Info <https://www.fns.usda.gov/tn/local-school-wellness-policy>

[https://fns-prod.azureedge.us/sites/default/files/resource-files/Refresh\\_Infographic.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/Refresh_Infographic.pdf)

Three-Assessment Review (completed last year 23-2024) <https://www.wellsat.org/>

Alliance for a Healthier Generation <https://www.healthiergeneration.org/>

### Committee Review Process 2024-2025

Please be specific in your comments, observations, and suggestions.

Read our current [Wellness Policy](#)

1. Look over proposed wellness goals for the year to publish on the website. All members need to discuss, make changes, or agree to the proposed wellness goals

2. Collect the nutrition, physical education, food services data.

(Provide answers with supporting evidence and or research when possible.)

3. Review the nutrition, physical education, food services data.

4. Develop new wellness goals for next school year.

5. Please be respectful of others. Allow for idea's and discussion as well as taking notes or providing comments on this shared document for public evidence of our meetings.

### Wellness Committee Proposed Goals for 2024-2025

- Educate parents and students about the importance of reducing gang violence through a presentation with South Salt Lake PD during our first parent teacher conference meetings.
- Educate parents and students through a parent letter about the importance of reducing food-borne illness through proper food hygiene as well as stating the foods you should avoid packing to prevent pathogen growth that can cause major illness.
- Provide information for families (and for staff to communicate to families) about our schools attendance policy and how good attendance is related to positive learning outcomes during the registration process.
- Students will be encouraged to eat healthy food choices such as fruits and

vegetables daily through the school breakfast, lunch, and after school nutrition programs.

- Deliver professional development on Ethics and Professional Conduct.
- Educate parents and students through a parent letter and assembly about the harmful health consequences of vaping.

1st Meeting Oct 4 -2:30 pm-3:30pm






Notes:

All participants agreed to the proposed goals and Tessa wanted to add the education of the harmful effects of vaping.

Nutrition Poster for Lunch Services:

Offer versus Serve

### The 5 Meal Components for School Lunch

 <b>1</b> Meat or Meat Alternate	 <b>2</b> Grain	 <b>3</b> Fruit	 <b>4</b> Vegetable	 <b>5</b> Milk
---	--	--	--	---

You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**

## 2nd Meeting Notes- 12/13/24

Attended by: Ashlee Mullender, Ismael Alebbo, Alya Al Mashhadani, Wanda Gayle, Holly Minshew, Sheri Berest, and Tessa Scheffler

We went over our personal wellness goals and areas we are doing well in. Then Tessa and Wanda discuss the wellness data for the dental, vision, and vaccination clinics. After that we went over the number of individuals who received services. Sheri covered the Breakfast and Lunch daily averages for the year so far. Ashlee discussed the various dates programs that will help us meet the wellness goals for the year. Feb 13- Harmful Effects of Vaping Parent/ Community Night with Dr. Bourne. Feb 19- CPR for the 9/10 grade. March 17 AHA Challenge Kickoff- Anti-vaping assembly. March 17-31 AHA coin drive and Staff vs Student soccer game. Then we covered the FoodSafety tips for packing lunch and snack graphic organizer for parent knowledge which will be distributed to Advisors to give our based on language groups to take home for parent education. Alya stated that it would be nice to educate parents and students through a parent letter on the importance of hygiene.

## 3rd Meeting- 3/28/25

Attended by- Wanda, Alya, Sherrie, Ashlee, tardy- Tessa, Ismael

We went over what wellness goals have been met as a school community. The American heart donation drive is going well and ends on Monday. The student vs staff soccer game will be happening on 4/3/25 from 3:45-4:30. We went over the pregnancy stats for Utah, Salt Lake County, and the Local School Community. We discussed the resource packet that the school has for expecting mothers. All members need to come up with two proposed goals for the 2025-2026 school year to discuss at our next meeting. We will develop next year's Wellness goals out of the proposed goals.

## 4th Meeting

School Data: Breakfast Lunch Increased 240-250 Snack 45-60 students Dental 22 Vaccine 12 out of 72 returned clinic next week.

Have we completed the Wellness Goals for the 2024-2025 school year? Yes, we completed all wellness goals for the academic year.

Look over the proposed goals and agree upon which ones we will pursue as a charter school next year.

#### Committee Members Proposed Goals for 2025-2026 school year:

Ashlee Mullender (Wellness Coordinator),

Proposed Goal 1: The school will create an infographic on waste management to educate parents and students on “How to take care of trash”: compostable products vs recyclable products vs landfill products (translated into major language groups to be distributed to parents and students during the first PTC)

\*Proposed Goal 2: The school will conduct a community clean up day on Earth Day Wednesday April 22, 2026. Where we walk through the school community picking up trash or we clean the outside areas of the school washing windows, picking up trash, pulling weeds, etc. to create local action for environmental issues.

Wanda Gayle (School Board Representative), Side note- Create a school wide wellness initiative. Possibly a Professional Development goal for the whole staff

\*Proposed Goal 1: Deliver professional development on trauma informed behavioral management systems as well as bullying/harassment procedures.

Proposed Goal 2: The Board is committed to finding a new location for the 2026-2027 school year.

Tessa Scheffler (Admin: School Operations), Side note- you can create your goals around services you set up for the school such as the vision/dental/vaccination clinics.

Proposed Goal 1: Students will be given two opportunities to be seen by a dentist at school

Proposed Goal 2: All students will be screened for vision impairments and follow-up care will be provided to all students who do not pass the initial screening.

Holly Minshew (Junior High History Teacher), Side note- maybe the wellness goal could be related to the behavior plan you have created so we can implement your design.

\*Proposed Goal 1: Behavior plan is explicitly taught to students at the beginning of the school year and reviewed often throughout the year and is followed with consistency by staff and students as demonstrated by reduced detentions and office referrals.

Sherri Berrest (Head Lunch Personal), Side note- you want to create wellness goals around food services or use the same ones as previous years.

\*Proposed Goal 1: Students will be encouraged to eat healthy food choices such as fruits and vegetables daily through the school breakfast, lunch, and after school nutrition programs.

\*Proposed Goal 2: The school will encourage Granite Nutritional Services to incorporate a wider variety of fruits and vegetables for breakfast/lunch/snack services.

Ismael Alebbo (Student Representative), Side note- your goal should be a wellness goal that all students could do.

\*Proposed Goal 1: Incorporate educational assemblies on community safety topics: driving, biking and walking routes.

Proposed Goal 2: The school should create slides/infographic on personal hygiene/toilet use translation into major languages to be given out during Advisory and a Parent Letter sent home.

**Alya Al Mashhadani** (Parent Representative), Side note- your goal should be related to educating parents and students about a wellness topic of your choice.

Proposed Goal 1: Goal Statement: ( Reducing Student Phone Usage)

*Student Phone usage during the school day will be reduced to 0% by the end of the school year through awareness campaigns, the implementation of a phone-free zone, and student-led challenges.*

### Action Steps:

1. Create awareness: Host assemblies and post visual reminders about the effects of excessive phone use on learning and mental health.
2. Designate phone-free zones: Identify specific areas ( cafeteria, outside).
3. Launch a student challenge: “No Phone Wednesday” or “Screen-Free Hour” weekly with small rewards or recognition.
4. Get student leaders involved: Encourage Student Council or clubs to model and promote healthy phone habits.
5. Gather data: Use surveys or teacher feedback to assess changes in behavior and engagement.

\*Proposed Goal 2: Create an infographic to increase awareness and practice of healthy sleep habits among students to ensure they get at least 8–9 hours of sleep per night, helping to improve focus, mood, and academic performance to be distributed during the first Parent Teacher Conferences.

The \*goals are the ones the wellness team agreed upon for next school year.

Next Year's Quarterly Meetings Will Be Held on:

Sept 5, 2025- First Meeting

Nov 7, 2025 Second Meeting

March 6, 2026 Third Meeting

May 1, 2026 Final Meeting

Next Year Members so far

Ashlee Mullender- Wellness Coordinator

**Sherri Berrest** - Nutrition Services Rep

Tessa Scheffler- Admin Rep

**Tracy McDiarmid** - Junior High Teacher Rep.

?= Health Specialist Rep

?=Board Rep

Ismael Alebbo= Student Rep

Alya Al Mashhadani Parent Rep