



Valley Center Pauma Unified School District

2017-18

Wellness Committee Minutes

June 4, 2018

3:30-4:30

P-17

1. Welcome
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. Child Nutrition Services Presentation about Summer Programs - Johnna Jenkins, Director of Child Nutrition Services

Johnna Jenkins gave a report about the district's summer CNS programs. For students enrolled in summer school, they will be served breakfast and lunch in the classroom in both the enrichment and ESY programs. She shared details about the program, as well as sharing some food samples.

4. Update on Physical Education Programs at School Sites – Shandrea Degen, VCHS, and Andy Proclivo, VCEL

Andy Proclivo shared the various PE initiatives at the elementary school. He showed a video of the various activities that promote physical fitness at the elementary level. He talked about the incentives they employ to motivate students. He shared that the elementary school has an upcoming school wide field day to promote fitness. The Roadrunner Race promotes fitness and is hosted by the school's TPC. In the classroom, the school integrates STEM into PE lessons, such as a heart rate lesson that taught mean, median, and mode, in addition to promoting health and fitness. They also promote character education through their health and fitness lessons. He also shared how they integrate technology into their lessons, such as videotaping students to have them analyze their technique.

Shandrea Degen gave a report about secondary PE initiatives. She began by showing a video of VCMS teacher Kristin Stehly's recent appearance on KUSI television to inspire parents to exercise with their children. Then she presented a video about the physical education program at Valley Center High School. She shared the strategies they employ to motivate students to make gains in their fitness and strength levels. She also shared the annual Jag-Wars competition.

5. Collected Wellness Assessment Checklists and Reviewed. There was a consensus that the Wellness Policy is easily accessible on the district's website. There was also consensus that the staff understands the Wellness Policy and that it addresses CNS food policies, policies regarding classroom celebrations and school fundraisers, and physical education requirements and offerings. There was less awareness that the policy is physically posted at school sites. Suggestions were offered for evaluating the policy, such as monitoring physical fitness scores, PE minutes, and teacher surveys.