



Shoreline Wellness Advisory Committee

Minutes

10/5/22

4-5pm

1. Introductions (5min)

- We began the meeting with everyone introducing themselves and their roles. This was a well-attended meeting with over 20 participants. Participation was from a diverse group of stakeholders including Administration, Board members, staff, parents and community members.

2. Scope of Work (2.5min)

- a. "The SWAC shall meet at least quarterly, and shall be charged with developing, reviewing, updating, implementing and assessing the SUSD Wellness Policies on nutrition, nutrition education, physical activity, waste reduction, and overall wellness promotion for recommendation and adoption by the Board."
- b. [BP 5030](#)

3. Strategic Planning Components (2.5) min

- a. SUSD Focus Goals
 - i. "Develop a student wellness center"
 - ii. "Improve student food service"
- b. LCAP Goal 2, Action 6
 - i. "Provide higher quality food"
 - ii. "Establish a minimum of fresh food made for each meal"
 - iii. "Simplified menu"
 - iv. "Fewer packaged and processed items"

4. Updates on Current Programs and Initiatives (25 min)

- a. Shoreline Wellness Team

- Christina Hetzer spoke about the Shoreline Wellness Team and the richness of services offered to our students. Some of the services offered are education in social emotional learning (SEL), suicide prevention, social media safety, and LGBTQ+ inclusivity.
- On the horizon – launching a student ambassador program at THS to provide peer-to-peer wellness where students connect their peers to appropriate services. Another role of the ambassadors would be to go out to our schools sites and do peer to peer education on topics such as tobacco, cannabis and alcohol.
- One of their focus points will be to look at all the services being provided and eliminate the need of any repetitive services.
- They will focus on creating a Wellness page on the website.
- Identified need – the need for support for Sonoma County resources. MCOE is supporting us in making connections in Sonoma County.

b. Farm to School Grant

- Maggie Levinger spoke about the \$150,000 CA Food and Agriculture Grant that is in the works for procurement and education. Originally, grants were to be awarded September 2022 but due to an overwhelming number of requests she is still awaiting an announcement.
- If awarded the grant, here are some of the proposed use of funds – adding locally grown foods into our kids meals, nutrition education for kids, professional development for food service workers, educational opportunities for students (field trips and guest speakers).
- If we do receive the grant funding one of the first projects they would like to spearhead is the “Better Burrito” using organic and locally sourced ingredients with a focus on heritage foods.
- Plan B if we do not receive the funding – they are still focusing on launching the “Better Burrito”. Would need to identify the budget gap between the cost of our current burrito vs the cost of better burrito and come up with a plan for offsetting the additional cost.

c. MCOE Food Service Consultant

- Adam Jennings spoke about working with Marin County Office of Education (MCOE) in providing Shoreline Unified with a Food Service Consultant.
- The consultant will be responsible for analyzing our current food service procedures and look at how we can transition to meals with more fresh and more nutritious ingredients. They will help with developing the November 2022 menus.
- The consultant will also work on a plan to help reduce waste.

d. Community Schools

- Daphne Cummings spoke about the Community Schools being in a planning phase. Daphne will be reaching out to families, students, community members hearing their voices regarding current needs.
- She will look at the needs and what we currently have to get a clear landscape of where we need to go.
- This year will be about aligning with partnerships.

5. Focus Areas for 2022-23 (20 min)

a. Topics Identified In May

- Food service
- Mental Health Support
- Waste/Composting

b. Other ideas and suggestions

- Health component piece –physicals, dental check-ups. Update – Family advocates are working with Petaluma Health Center (PHC) to bring a mobile clinic to each site for dental, vision, and hearing screenings. In August PHC mobile clinic plans to provide sports physicals for THS.
- Continue providing COVID-19 numbers to the community
- Provide support for family grief
- Yoga program – how could we fund

- Disaster Emergency Preparedness (Teen CERT, CPR, Stop the Bleed)
- Nutrition Policy
- Physical Health
- Personal health/hygiene education
- Parental concerns out sugar being handed out in school
- Email correspondence – age appropriate education and training for personal health and safety

c. Information/Planning for our next meeting

- i. Teen CERT
- ii. Ongoing initiatives
- iii. COVID
- iv. Focus Areas

Waste Reduction

Food service

- Circling back we agreed the current focus areas are where we need to concentrate our energy

d. What else?

- A question was asked - what are the barriers of BP 5030? Money is the key barrier.
- How do we make BP 5030 a priority? By getting the word out and getting loud.

Meeting Adjourned at 5:22pm

Next meeting: 11/16/22 at 4pm