

MANTECA UNIFIED SCHOOL DISTRICT

Minutes of the Wellness Committee Meeting on Tuesday, September 26, 2017, 3:30 p.m.

WELCOME AND CALL TO ORDER

Present: Leslie Agostini, Clark Burke, Steve Clark, Sonia Fernandez, Sherrie Jamero, Jennifer Lew-Vang, Tevani Liotard, Patty Page, Joyce Rubalcaba, Anita Ruiz, Melanie Smith, Heather Thomson, Wanda Warner, Kimberly Wright.

Revised Board Adopted Wellness Policy BP 5030

Patty advised the Board that the policy could have revisions throughout the year and that there will be an evaluation every 3 years.

The following are indicators in place:

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements.
 - a. Leslie will provide the health education curricula.
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records.
 - a. Nutrition Education to provide information.
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program.
 - a. Nutrition Education to provide this information.
4. Extent to which foods sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutritional standards.
 - a. Nutrition Education to provide this information.
5. Results of the state's physical fitness test at applicable grade levels.
 - a. Testing is done in grades 5, 7, and 9. Tevani will gather the results.
6. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous activity.
 - a. We meet the mandated 210 minutes. Tevani will get the PE schedules. Our goal is to keep this at the district level and be responsible for reporting to the board and adding it to the website. Tevani stated that we might want to add that these are state requirements...not MUSD requirements.
7. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program.
 - a. We offer several extracurricular sports, some of which include acorn sport (60 teams), volleyball (40 teams), cross country, fittest on campus, walk for a cure, jogathons, jumpathons, relay for life, organized recess games, and clinics.
 - b. Patty and Leslie commented that publicizing this to the community could be beneficial because families might want to join in on some of the activities and to see how many students and families we are reaching.

8. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students' participation, as appropriate.
 - a. Farmer's Market, Hands Free, Special Olympics.

Highlight that we have 3 adaptive programs and there is something for all students to participate in.

The current policy is generic with some changes for adding and improving MUSD.

Steve brought up that Water Refill Stations would be a good way to promote drinking water. Joyce said there could be grants for that. Patty will talk to Aaron Bowers. It was also brought up that a bottle with logo is a great fundraiser that could possibly purchase a Refillable Station. Steve commented the stations cost is 3 for \$5,000.

Patty reached out to the Manteca Bulletin to talk about the Wellness Policy.

Smart Snack Training

Training has been offered to the school sites and has been beneficial and helpful. Patty asked if we need to extend classes to the public. Kimberly said yes, they are partners in this.

Sherry expressed concern for her 1st grade Thanksgiving feast. Joyce and Jennifer will work with her for foods that comply. Parents might be able to donate.

Jennifer and Joyce have a list for school sites of compliant foods and where to purchase them. Patty will try to get that out next week.

Steve asked if lunch count is up or down. Joyce responded that it is about the same.

Jennifer invited anyone that has an item that might be compliant to email her or Joyce.

Kimberly stated that we would like a student present at the Wellness meetings. She will check into getting an interested student.

Specialized Diets

Jennifer stated that State and Federal guidelines prohibit discrimination of disabilities. One in 13 children have food allergies and we must provide them a meal. An MD, DO, or NP must sign and recommend for disability of allergies. The health clerks keep the red and green notices at the school sites.

Patty is working on Healthy Challenge and wants gold distinction at every school site.

We will revise and update at the next meetings. They are scheduled for December 5, 2017 and April 10th, 2017.

Meeting adjourned at 4:25.