

Rea School Wellness Committee Assessment

March 7, 2017

Attendees: Dr. Kalim Rayburn, Tracey Zoleta, Pam Williams, Kelsey Kinsey, Andrew Haire, Arturo Diaz, Laura Garcia-Chandler, Gabby Campbell, Caitlin Sisk

Topic	School Wellness Policy	Programs	Status	Needs
Physical Activity	Provide moderate to vigorous PA opportunities through: <ul style="list-style-type: none"> • PE (200 min/10 days) • Recess • PA Breaks • Before/After School Programs • Walk/Bike to School 	<ul style="list-style-type: none"> • Padres en Accion • Dance (A/S) • Fit Club (A/S) • Fit Kits (1st & 2nd grade) • PE Teacher (3rd-6th) • Estancia Football (A/S, 3rd-4th grade) 	<ul style="list-style-type: none"> • Padres en Acción: structured play Monday, Wednesday, Thursday during morning recess <ul style="list-style-type: none"> ○ Ballet Folklórico Monday, 6pm • Fit Club: After school program, 2 times per week • Go Noodle: indoor PA breaks 	<ul style="list-style-type: none"> • Pedestrian safety around campus is a concern. <ul style="list-style-type: none"> • Committee to learn more about Safe Routes to School
Nutrition Education	<ul style="list-style-type: none"> • Educate/promote health to students, staff & parents 	<ul style="list-style-type: none"> • Padres en Accion • OCDE- NEOP • NMUSD Nutrition Services • Harvest of the Month • Hallways to Health Garden 	<ul style="list-style-type: none"> • Monthly nutrition education classes provided to parents • Harvest of the Month lessons provided monthly to students • Hoag Resources available 	<ul style="list-style-type: none"> • Produce from garden- what to do with it? • More “culturally relevant” nutrition ed needed for students and parents to gain deeper understanding • Ideas discussed: grocery store field trips, quarterly campaigns, partner with Centennial Farm, create a healthy Rea cookbook
Food/Beverages Provided on Campus	<ul style="list-style-type: none"> • Must meet Federal guidelines • Must promote student health • Marketing/Advertising • Non-food rewards • Class Parties- compliant items 	<ul style="list-style-type: none"> • School Breakfast & Lunch Program • Fresh Fruit & Vegetable Program (snack) 	<ul style="list-style-type: none"> • Class parties - not compliant • Student rewards – some classes compliant, not consistent • Publishing parties 	<ul style="list-style-type: none"> • Need healthy class party ideas • Reinforce non-food rewards; provide teacher a list of ideas • Limit number of classroom parties per year.

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Food/Beverages Sold on Campus & Fundraisers	<ul style="list-style-type: none"> • Foods must meet Smart Snacks guidelines & store bought • Should not reduce student participation in SLP, not on lunch menu • Sales must be conducted ½ hour before or ½ hour after school • School sponsored events should include healthy options and follow portion control guidelines 	<ul style="list-style-type: none"> • PTA 	<ul style="list-style-type: none"> • PTA does not sell until 5:30pm 	<ul style="list-style-type: none"> • Overall, compliant in this area. However, foods sold after 5:30pm are not always healthy.
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Completion of assessment determined top 3 priority areas:

- School Walkability
- Enhanced nutrition education for families
- Classroom parties/rewards:
 - Resource packets- compliant class party food items, non-food reward ideas, birthday celebration ideas
 - Create school policy to limit number of classroom parties

Next Meeting: Tuesday, May 9th at 11:00am. Agenda to include planning action steps needed to address priority areas.