

School Wellness Advisory Council (SWAC) Meeting Minutes December 13th, 2018 5:00pm

- Introductions & agenda review (Brigette Norris)
 - In attendance:
 - Brigitte Norris, CFC
 - Deb Kravitz, Nutrition Services DNCUSD
 - Terrin Musbach, Climate Coach DNCUSD
 - Sunny Baker, SNAP-Ed
 - Kirk Burrows, Health Ed DNCUSD
 - Tori Ostenso, CFC
- 5:10 Outreach & WellSAT 3.0 (Deborah Kravitz)
 - Extend invite to families on District Nutrition Services Website
 - Letter to Del Norte Community Members (attached)
 - Review letter and send approval/feedback by Monday, Jan 14
 - Update website: Sharing the message of wellness, posting past meeting minutes (Draft message attached)
 - Tri-annual Wellness Policy Assessment (by 2020)
 - WellSAT3.0: Wellness School Assessment tool
 - From University of Connecticut, they will provide support
 - Helps to assess whether the current Wellness policy is meeting requirements with clear language & goals
 - Request SWAC members to complete the tool, especially the most relevant sections for each individual
 - Deborah will send instructions & log-in
- 5:30 Prioritizing School Wellness Focus Areas (Brigette Norris) - Presentation of Worksheet A results -- Discussion (Photos attached)
 - Overview of results: Impact & Viability
 - Specific Projects
 - Ban on Energy Drinks
 - A priority because of how it impacts student learning and behavior
 - Humboldt school districts have focused on K-8, could we go all the way with K-12?
 - Encourage staff to not drink energy drinks as modeling, but do not ban them from it in the policy
 - Hydration station (Deb will follow-up)
 - Recess before lunch
 - Pilot on one campus
 - Terrin will follow-up with one principle
 - Ban on Biocides
 - Staff Trainings
 - They already exist in 1-day/1-week formats, but learning needs to be supported over time.
 - How can we support the staff training that is already happening?
 - Trauma

- Currently teaches ASA study: Adverse childhood experiences, the more risk factors the more students brains are wired in crisis mode
 - Lacking in strategies that you use every single day in the classroom
 - Training on how to integrate garden curriculum
 - Support & build confidence in teachers working in the Garden
 - Offer train the trainer models with current garden champions
 - Centre for Eco-literacy, UC Berkley
 - California Thursday Program
 - Health Education
 - Life skills – going back to home ec, add'l health courses, money management, etc
 - Policy Revision
 - Whole health focus
 - Add in staff wellness: mental/physical/emotional
 - Clarify language on school gardens
 - The foundation is there but we need more champions in staff
 - Grants found for full-time garden educator staff
 - Integrating garden curriculum
 - Bullying – both prevention and follow-up
- 6:15 Discuss next steps
 - What is our goal//the big problem we seek to address?
 - What is the problem? Wellness policy is not being implemented
 - What is the BIG goal? Full implementation of the wellness policy by XXXX? (Propose in minutes and get approval at the next meeting)
 - All: review Draft letter & web invite for Deborah by Jan 14
 - Terrin: Speak to Principle at Margaret Keating re: recess before lunch (RBL)
 - Deborah:
 - Send instructions for WellSat 3.0
 - Follow-up re: hydration stations
 - Brigitte:
 - 1:1 Meeting with Principals about their input on how the Wellness Policy is being implemented at their school sites
 - Follow up eventually with a survey
 - Gather/share data on Biocides
 - Gather/share data on banning energy drinks
 - Gather/share data on Recess Before Lunch (RBL)
 - General consensus to move to monthly meeting @ FRC, third Thursday of the month
 - Would like to have more parents in attendance
 - Deborah: Promote on District website
 - Tori: add to community Calendar
 - Brigitte: reserve room



**DEL NORTE UNIFIED SCHOOL DISTRICT
DEL NORTE COUNTY OFFICE OF EDUCATION**

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Board Members: Don McArthur Area 1 Angela Greencough Area 2 Frank Magarino Area 3 Roger Daley Area 4 Jamie Forkner Area 5

Dear Del Norte Community Members,

Aside from home, school is the place where kids spend most of their time. Experience shows that schools can be a powerful place to initiate behavioral and environmental changes for students. The Del Norte County Unified School District believes that it our responsibility to ensure the school environment allows students to learn about and practice healthy behaviors. Because we feel this is important, the District has re-engaged our School Wellness Advisory Council. This school year, our goals are to re-engage the School Wellness Advisory Council and ensure that our current School Wellness Policy meets and/or exceeds the requirements along with ensuring stakeholder engagement, transparency, and measurement of implementation. Parents, students, community members, and organizations are invited to participate alongside teachers, administrators, school health professionals, and School Board members. We are looking for members of the Del Norte community who would like to become a part of our School Wellness Advisory Council. We have four meetings a year and know your input would be important to the success of our students. If you are interested in participating or would like to learn more about the Council, please contact Deborah Kravitz, at dkravitz@delnorte.k12.ca.us or 707-464-0214.

Sincerely,

The Del Norte School Wellness Advisory Council



Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the health and wellness advisory council that includes teachers, parents, administrators, and the district nurse.

[Invite to Wellness Committee](#)

[Click here to view School Wellness Advisory Council Meeting Dates and Minutes- Hyperlink](#)
Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools. In addition, if you are a student, parent, staff or faculty member, or partnering community organization and are interested in serving as a representative on the School Wellness Advisory Council, please contact the Nutrition Services office.

Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.

Policy Revisions

Fam/comm
Engagement

Staff Wellness
Ment - mental health support
- situ counselor ratio
- add referral serv.

socially connected
Social and Emotional Well being
- need S revision
- mindfulness
- stretching

Staff Training (support) *
Health & Safety Education *

Gardens
training
ants
pre attention focus!!!!

whole health focus

Impact

Specific Projects

Increase
mealtime
minutes

Bullying Pol
- beyond p.c.

Recess Before
Lunch
(RBL)

Ban on
energy drinks
- staff too for
healthy modeling

Reduce s
in
Breakfast
(add protein?)

Ban on all
biocides

Marketing
- promote positives
in district health
- policies/plans
- promote healthy choices to
students

Joint Use
Agreement
- more community
accessibility

Punishments
- withholding
physical activity
(access/p.e.)

WATER
STATIONS
(3 stools w/out)

Healthy & Safe
Environment
- infrastructure

Rewards
- no sweets

Fund Raisers
- eliminate
unhealthy
promotion

Viability

★ Health Ed.

★ Staff Trainings (support)

- ★ Life skills
- ★ Homeing/budget credit
- ★ Personal health
- ★ Whole health
- ★ Trauma readiness
- ★ Health class every year
- ★ cooking classes
- home ec revival
- ★ Tangers of energy drinks!
- ★ Restorative Justice!!
- ★ -self-care
- coping skills
- resources?
- ★ Nutrition curriculum
- ★ -brain development
- trauma management
- ★ trauma informed...
- ★ garden basics
- ★ many whole health benefits of gardening for students
- ★ school garden curriculum
- ★ Cultural Proficiency