

**PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT
WELLNESS COMMITTEE MEETING**

Thursday, March 18, 2021
3:15-4:30 p.m.
via Zoom

MINUTES

WELCOME

Suzanne Morales, PYLUSD Director of Nutrition Services, opened the meeting at 3:30 p.m. Minutes of the January 21, 2021 meeting were reviewed for accuracy.

TRIENNIAL WELLNESS COMMITTEE GOAL IDENTIFICATION 2021-2024

The committee spent the remainder of the time discussing triennial goals for the years 2021-2024 using the following parameters:

1. Please identify a possible goal for the Wellness Committee to focus on
2. Identify the focus area met through this goal **
3. Identify measurable strategies to meet this goal
4. Identify the target audience (for example, K-2 students, 9-12 physical education teachers, elementary office staff, K-12 principals)

<i>WELLNESS GOAL</i>	<i>FOCUS AREA MET**</i>	<i>STRATEGIES TO MEET GOAL</i>	<i>INTENDED TARGET AUDIENCE/GRADE LEVEL(S)</i>
Increase compliance with California State Smart Snack regulations as outlined in the Wellness Policy			
Implement a consistent policy for school and class parties and celebrations that requires only smart snacks	Celebrations	<ol style="list-style-type: none"> 1. Establish policy 2. Communicate policy 3. Monitor and enforce policy 	K-12

WELLNESS GOAL	FOCUS AREA MET**	STRATEGIES TO MEET GOAL	INTENDED TARGET AUDIENCE/GRADE LEVEL(S)
Implement a consistent policy that requires only smart snacks when there are food fundraisers	Fund Raising	<ol style="list-style-type: none"> 1. Establish policy 2. Communicate policy 3. Monitor and enforce policy 4. Create list of non-food fundraising programs/projects 	K-12
Standardized policy on food drop-off for students during the school day	School Environment	<ol style="list-style-type: none"> 1. Develop protocols to support school sites on enforcing/ implementing policy 	K-12 with focus on secondary Level
Have the school site responsible for smart snack and competitive food compliance. Supported by Nutrition Services training	Fundraising Smart Snacks Celebrations	<ol style="list-style-type: none"> 1. Develop training/resources to aid school sites on compliance. 2. Determine accountability by school site. 	K-12
Ensure that Healthy School standards as outlined in the Wellness Policy are sustained	School environment	<ol style="list-style-type: none"> 1. Develop a monitoring system to ensure standards are sustained. 2. Provide support to assist schools in sustaining standards 	

WELLNESS GOAL	FOCUS AREA MET**	STRATEGIES TO MEET GOAL	INTENDED TARGET AUDIENCE/GRADE LEVEL(S)
		3. Revisit Alliance for Healthy Schools assessment tool to ensure schools sustain Bronze recognition and additional schools apply for recognition	K-12
	School environment	<ol style="list-style-type: none"> 1. Survey all schools to understand compliance with Wellness Policy. (Utilize Alliance for Healthy Schools Assessment tool) 2. Support schools where policies are not in compliance. 3. Compile a list of resources to share with schools to support them with Wellness Policy implementation. 	K-12
Policy on food giveaways during the school day.	Celebrations School Environment Smart Snacks	Collaborate with stakeholders on a policy that is useable	K-12

WELLNESS GOAL	FOCUS AREA MET**	STRATEGIES TO MEET GOAL	INTENDED TARGET AUDIENCE/GRADE LEVEL(S)
<p>Create a sustainable Youth Resident Leadership program at Valencia High School, Kraemer, and Valadez Middle Schools</p>	<p>Youth Leadership/empowerment</p>	<ol style="list-style-type: none"> 1. Create a plan with current youth and faculty to continue program 2. Create a student-led training for future members 3. **Consider writing in the need for the student leader to attend the wellness meeting 	<p>8-12 High School</p>
<p>Create a Safe Routes to School Plan</p>	<p>Physical Activity/School Environment</p>	<ol style="list-style-type: none"> 1. Partner with OCHCA, City and School District to complete Walkability Assessments (1-2 per year) 2. Present to City and create plan for SRTS implementation plan. 3. Participate in SRTS student education. 	<p>K-12</p>

WELLNESS GOAL	FOCUS AREA MET**	STRATEGIES TO MEET GOAL	INTENDED TARGET AUDIENCE/GRADE LEVEL(S)
Increase access to nutritious foods	School Environment	<ol style="list-style-type: none"> 1. Implement Breakfast in the classroom at appropriate sites. 2. Maintain multiple break and lunch periods at the secondary level 	K-12
Provide activity breaks resources for wellness in the classroom	School Environment- Academic achievement Physical Activity	Sit for 60 move for 3 Go Noodle	

**** Focus areas:**

- Physical education
- School environment
- Smart snacks
- Celebrations
- Fundraising

The committee will review these ideas and discuss further at the May 20, 2021 meeting.