

Coronado Unified School District
Local School Wellness Committee
Committee Meeting #3
School Year 2022-2023

Wellness Committee #3 Meeting Minutes

Meeting Opened at 3:31 PM on Wednesday, February 8th, 2023

Attendance:

Amanda Tarantino
Amy Steward
Lindsey Cummins
Kala Burson

Amanda shared that the wellness committee's goal of reducing single use plastic bottles was featured in the Coronado Eagle on the week of 1/27. Amanda shared the article with the committee members.

Action item updates shared by committee members:

Lindsey shared:

- She has asked parents to send their child with a reusable water bottle to school each day. All students now bring refillable bottles to school each day.
- Discussion around the hurdle that other teachers may be experiencing. Suggestions on continued messaging in the parent newsletter were shared.
- Lindsey asked if there are extra reusable water bottles, we can give to district new hires? For example - subs, aides, new staff.

Amy Shared:

- Update on the educational materials that the Emerald Keepers are currently working on.
- Posters have been created and posted throughout the high school.
- They are working with the broadcast team to educate people about recycle.
- Videos and social media clips, 30 second videos to help with education.
- Focusing on educational materials that are quick, easy, straight to the point.
- Amy provided the committee with education regarding soft and hard plastics and which types of plastics can be recycled.

Amanda shared:

- CNS worked with ASB to broadcast the committee's goal to the students on the week of 01/03 through the school's morning announcements. This helped spread the word to the middle & HS.

- Amanda stated that CNS has been working on wellness newsletters to help provide education and information as to why the reduction of single use plastic water bottles is important.
- One issue focusing on the impact of the environment, the last newsletter focusses on the financial impact, and the last newsletter focuses on the nutrition/ health impact.
- These are currently posted on the CUSD website under the wellness page, but they are not reaching many people.
- Committee encouraged CNS to send these out to principals and will ask if they can incorporate this information into their weekly letters to reach a larger audience.

The Committee Discussed:

- Dates in which we should take the readings of the refillable water stations again to quantify the number of single use plastic bottles have been saved.
- Our last reading was from Nov 1st, 2022, we will subtract the difference from the existing number on the refillable stations, to determine how many water bottles we have saved.
- Suggestion to take new reading on May 31st, to quantify and celebrate our committee's success. CNS will be responsible for taking the final readings throughout the district.
- Discussion on how to spread the word of our success include creating flyers and banners or creating a newsletter, make it big, possibly go in the paper.

Amy shared:

- Earth Day is approaching, and Emerald Keepers plans to launch an initiative to say no to plastics, show film where plastic comes from, fossil fuels, giveaways, info about plastics, single use plastic. Amy is working with teachers at CUSD to become Emerald green ocean blue classrooms, looking for a larger push for more classrooms to get involved.
- Amy shared that her team is assigning "Trash talkers" to teach students about the waste, the compost. Education on recycling and composting, use of green bins for students is underway.

Committee discussed the best day/time for the last wellness committee meeting of the SY. The committee decided on Wednesday, May 31st at 3:30 PM.

Meeting closed at 4:04 PM on Wednesday, February 8th, 2023