

Wellness Committee Meeting #1 – School Year 2025–2026

Date: October 30, 2025

Time: Meeting called to order at 11:45 AM

Location: Coronado High School – Library

Meeting Adjourned: 12:25 PM

Attendance

Amanda Tarantino – CNS Supervisor / Registered Dietitian

Charity Campbell – CNS Director

Kristina Yeager – CNS Intern

Joanna Siemion – ASB Teacher

Anastasia Toohey – Student

Micheala Connors – Student

Lillia McLean – Student

Hudson Hyde – Student

Quinn Reymann – Student

Agenda & Discussion Highlights

Local School Wellness Policy

- Reviewed the purpose and significance of the Local School Wellness Policy and the role of the Wellness Committee.
 - Discussed adding language to the policy to create guidelines on energy drink consumption on school campus.
 - ASB Students share a letter composed and signed by all Physical Education teachers to the committee, expressing concern over student consumption of energy drinks.
 - Amanda Tarantino discussed the possibility of including language on guidelines/ regulation of energy drink in LSWP if approved by Cabinet & Board.
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Committee Goal SY 25-26

Current Goal:

Increase student meal satisfaction by empowering student leadership and voice through the creation of the Student Nutrition Advisory Committee (SNAC).

National School Lunch Program Regulations

Charity Campbell reviewed key nutritional standards followed when menu planning:

- Low sodium
- Low saturated fats

- Low sugar
 - No nitrates/nitrites
 - Whole grains
 - Lean proteins
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Student Feedback on School Meals

ASB students shared insights on school meals:

- **Positive:** Students enjoy the pizza offered on Tuesdays and Thursdays.
 - **Negative:** Packaged items like corn dogs and burritos are unpopular.
 - **Quality Concerns:** Items like buffalo chicken fries lose texture and appeal when held too long.
 - **Sanitation Issues:** Students reported unsanitary behavior at the CMS salad bar (e.g., smashing, touching food).
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Student Engagement & Feedback Collection

- Discussed creating a platform for students to share opinions on school meals.
 - Students proposed a Google Form survey to be distributed during advisory period @ CMS.
 - Survey topics: food quality, preferences, suggestions for improvement.
 - Survey to be sent to Brooke Falar and Joanna Siemion by November 17 for inclusion in advisory.
 - Committee will reconvene in early December to review survey results.
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Committee Led Nutrition Events & Campaigns

- Proposed taste test stations for new menu items and unique produce (e.g., dragon fruit, passion fruit, finger limes).
 - ASB officers volunteered to assist CNS with taste test stations during lunch periods.
 - First taste test station planned for January, featuring new menu items from Cycle #4 menu.
 - Pizza Bid Taste Test scheduled for April 2026 – ASB students will help evaluate pizza from local vendors.
 - ASB will support announcements promoting new food items: *“Try new food, new menu items!”*
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Student Food Review Video

- Plan to collaborate with KCMS to produce student-led food review videos on new menu items.
 - Students will sample and review new items on the menu.
 - Videos will be displayed on digital monitors in the cafeteria.
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Next Meeting: For the remainder of the SY, the wellness committee will hold individual meetings at each school site in the district to provide greater opportunities for students at each school to participate in the committee.

Location: Coronado Middle School
Week of December 8, 2025, time TBD

Location: Coronado High School
Date TBD, time TBD

Location: Village Elementary
Date TBD, time TBD

Location: Strand Elementary
Date TBD, time TBD

**Amanda will send out an email to all committee members once meeting dates/times have been confirmed at each school site.*