

Wellness Committee Meeting #4 SY 2024-2025 Minutes:

Meeting began at: 12:30 PM on Monday, May 12, 2025

Attendance:

Amanda Tarantino
Charity Campbell
Michelle Boll
Avery Palomera
Heather King

Meeting Overview:

- Recap on current SY wellness goals:
 - Increase in nutrition education initiatives –
 - Hydroponics
 - Cooking classes for students at middle school level
 - Harvest of the Month Program
 - National Nutrition Month Promotion
 - Pre-school nutrition presentations
 - Nutrition education awareness and availability using marketing and promotions
 - Press release on National Nutrition Month
 - District posts & utilizing media more effectively

Topics of Discussion:

1. Progress in goals
 - a. All wellness goals were met as of March 2025!
 - i. Hydroponics – 7 classes (6-week course per class)
 - ii. Cooking classes for students at middle school level – 2 classes offered
 - iii. Harvest of the Month Program – Offered every month during the 24-25 SY
 - iv. National Nutrition Month Promotion – Offered each week in March 2025
 - v. Preschool Nutrition Presentations – offered bi-monthly to all 4 pre-school classes
 - b. Spreading awareness of nutrition education using marketing and promotional materials
 - i. Monthly videos of local farmers featuring HOM feature on digital menu displays in cafeterias
 - ii. Monthly social media posts to district's FB page
 - iii. Press release in March 2025 for National Nutrition Month Promotion

- c. Committee members were happy with the results and felt that the goal of expanded nutrition education and awareness has been met at this time.
- 2. Ways to communicate success with stakeholders
 - a. Post achievements to CNS website
 - b. Annual Update – can go out in parent newsletter
 - c. Social media posts through district website
- 3. Discussion of ways to increase committee membership with stakeholders
 - a. Maria to share with all PTO Presidents to see if they or someone on their PTO would like to join for coming SY
 - b. Can add the Wellness Committee information and sign up to Principal newsletters
 - c. Reach out to student advisory committees and clubs – may look good on their college applications
- 4. Discussion of ideas/goals for the 2025-2026 school year:
 - a. Creation of a Students Nutrition Advisory Committee (SNAC)
 - i. Principals can select students to be apart of this
 - ii. Meeting at each school throughout the SY during the lunch period – can provide students that participate with some type of incentive
 - iii. Gain student insight, preferences, ideas on the food being served
 - iv. Receive an understanding of what students would like to see offered daily
 - v. Provide students with an understanding and overview of the nutrition regulations that we follow under National School Lunch Program for breakfast, lunch, and A la carte snacks
 - vi. Students can help CNS come up with new menu items and create the menus with us – cooking challenges, recipe competitions, etc

Meeting concluded at 1:20 PM May 12, 2025