



Note taker: Marian Shepherd, LESD Accounting Specialist Senior

Date: Wednesday, March 20, 2019, 4 p.m. — 5 p.m.

Location: District Office/Welcome Center next to the Nutrition Department

**Healthy Schools Wellness Policy Meeting Minutes aka
Local Wellness Policy Committee Meeting
Menu Advisory Board Meeting Minutes
Food Service Management Advisory Board Meeting Minutes**

Attendees:

Anabel Rubio, Ryan Dennard, Marian Shepherd, Hai Dang, Stacy Simmons, and Eugene Moss.

Establishing members:

Each month we are encouraged to bring a friend to the next meeting. We are continuing with our goals to encourage more participation, create a team of volunteer members for the committees. This volunteer committee meets four times per school year and can be made up of Nutrition Specialists, Teachers, District Administrators, school nurses, parents, wellness advocates, students, and community members who have a passion for wellness and understand the importance of proper nutrition and adequate physical activity in our schools.

Goals:

We need to communicate effectively and continue identifying areas of strength in the Healthy Schools Wellness Plan Aka Local Wellness Policy, Menu Advisory Board and the Food Service Management Advisory Board as leaders. Our goals as leaders are reviewed each meeting to discuss the requirements to communicate effectively with others to align with the districts mission, vision, and goals for public involvement, public updates, policy leadership and our evaluation plan. Our goals are to identify areas of strength in all of the LESD wellness committees and report the progress made in each wellness initiative.

Policy update —We are doing very well on our 3-year track, but previously suggested we update the PE part of the LWP policy with the goals on education. This is why it is important to have the policy to include goals, Nutrition Education, Physical activity, and other school



based promotions for student wellness. Maricopa County Department of Public Health Office of School Health and Wellness Initiatives shared "Littleton School District is doing very good!" We meet all of the requirements for a district-wide wellness committee. We meet at least 4 times per year and have seen big improvements since the creation of our wellness policy in all areas to include food and beverage marketing, healthier food and beverage options, and physical activity.

Affirmations:

Identify which areas are going well in Health and Wellness and throughout the district organization:

- Eugene reported what a great job on the garden program to Stacy.
- Stacy said thanks to Eugene for his creativity and help with the Garden Program. The Quentin fence and garden beds all came to life with the work from Eugene.
- Mr. Hai Dang said thanks for Colliers garden and all the clean out during the Winter Break and the new plants.
- Anabel thanked Marian for the minutes and overview of the policy.
- Ryan thanked Anabel for the encouragement and support as each of us are doing our professional job duties.

Review Nutrition Initiatives:

We discussed the areas of what went well and what we need to improve on with our gardens, nutrition education and activities. We will continue to identify what we want in areas of strength in our wellness program. We will report the progress as we review specific aspects of our written plan, determine the significance of food on students' academic progress, analyze survey results with our current guidelines, understand the requirements, assess our current policy and implement new requirements.

Review of continuing and some new Nutrition initiatives:

- Farmers Market Events—We will finish the remaining schools in the Spring with Nutrition Education and some of the student's favorite foods with a Spring Citrus Theme. This offers free tastes at all school sites. This fruit will be available for sampling at the Farmer's Market event. Two Farmer's Market events were scheduled for March, after the Spring Break and two are scheduled for April. We also have new props and new signage for the Farmers' Market.
- Brain Breaks – The Exercise Program and Release of stress with Brain Breaks are going well.
- Arizona Department of Health application has been submitted for approval so we can get a Certification of the Gardens to be able to use the produce in the cafeterias and donate the food to local shelters.

- HUSSC Grant/Award requirements- We need information for the Bronze HUSSC Award to Dr. Richard Ramos. Dr. Ramos previously discussed the HUSSC Grant, and wants to know how to apply, also needs any thoughts or ideas. We need general information on how to apply for this award and certificate. Anabel will ask SFE for more information.
- Worm Activities —Alison Parisi will be back here for future garden events. The 'Garden Greet' previously here with Alison, Master Gardener from Maricopa County, gave lots of garden growing tips and donated seeds.
- Equipment Grant application — the Nutrition Department applied for an Equipment Grant for the Collier kitchen. The deadline to apply was February 4th and was approved.
- Grants – we will be applying for another Physical Education and Gardening Grant for Quentin. The grant is called “Opening Doors”.
- Gardens — Each school now has a designated 'garden person' who wants to lead and just needs a time and day and fun activities planned. Planters and benches will be set up and Collier's fence has been ordered. Stacy's goal is for each school to have garden activities and education on gardens.
- Exercise & Wellness Program — Grill Day had a great response! Ryan Dennard has some more new ideas in progress and would like to see next year have a regular scheduled event with themes and a Super Bowl Plan and more Grill Day Plans. He has ideas about the Fit Bit and Tailgate Party focusing on the healthy side of food. Food items will be with the Theme of the event. He also needs Tournament ideas and PE Teacher ideas to help with middle school participation. Maricopa County has some inflatables that may help with the events. Ryan wants to extend the program to students and classes in relation to health and fitness.
- Breakfast in the Classroom —Ryan said one school is working on efficiency with students coming in the door of the classroom and getting breakfast, dropping off what they don't want on the 'share table' and then going to their seat to eat. This way they all get a breakfast, roll call is done accurately, and the older students who may be embarrassed to get up to get breakfast, already have it and eat it.
- Smoothies —The Blender Bike came back January 22nd at P.E. The Blender Bike Event was very successful and fun. The kids really liked the Smoothies with the fresh fruit and yogurt.
- Roving Chef Program —All of the Roving Chef events were scheduled at all schools and there was great feed-back.
- SFE TV BLURBS—Any new suggestions? Possibly more blurbs? Next blurb will be about our Lunch Hero's event on May 3rd.
- Donations — See Lilly in the Business Resources Department for any questions about the process of receiving or giving donations to the district. Must complete a 'Request for Acceptance of Gift & Donations' form that is on the intranet under Business Resources. The Business Resources Department will send the information to the Governing Board for approval of acceptance. All donations received will be recognized by the Board. Once accepted by the Governing Board, the Business Resources Department will mail a 'thank you' letter to the donor.
- Safety questions/reviews about exercise limits and parameters are being researched.
- Books — One idea suggested was to get the Curriculum Department to get books linking Nutrition to Reading, Math, and Physical Education. Will follow up on this.

**Accomplishment/Previous Recommendations and Discussions:**

- After school snacks — After school snacks are free and available at most of our schools.
- Donations to St. Mary's Food Bank — We donate to St. Mary's Food Bank and they provide meals to others.
- Farmers Market — This offers free tastes at almost all school sites. We will finish the remaining schools in the Spring with Nutrition Education and some of the student's favorite foods like yellow water melon, beets, dragon fruit and Pomegranates.
- Farmers' Market Events — Asian pears, kumquats, star fruit, blood oranges, and dragon fruit was available for sampling at the Farmer's Market. Two Farmer's Market events were scheduled for March, after the Spring Break and two are scheduled for April. We also have new props and new signage for the Farmers' Market.
- Garden Program - Estrella Vista STEM Academy had a Chef show students what they can do with garden food. We also had the Meet and Greet here to give help with how we want the garden done and had guests such as the Department of Health, along with Grant opportunities and more training. The Garden project was a goal and now is running well. We will continue to report each meeting on current accomplishments.
- Marketing — We are already meeting our goals for the Local Wellness requirements for proper nutrition and adequate physical activity in our schools. Andrea Zechmann suggested we market these accomplishments on Social Media for all to see. We are putting the LWP meeting minutes on the LESD Internet for review. Public View Healthy Wellness Plan (tool) is posted to the website for the public to view.
- Board awareness — LWP went to the Governing Board as an informational item (Board awareness).
- Exercise and Wellness (physical activity to promote student wellness) — Ryan met with Country Place regarding the 'Fuel Up to Play 60' Grant they received and he is helping the teacher with her budget. Play Work had some time conflicts and will continue with the progress of that program. The district already has a Wellness Program for the staff. We would like to do more with the Fit Bit challenge and be a bigger part of the Nutrition Booth at the district Wellness Program. Quentin started their fitness program. Dr. Richard Ramos will also be scheduling Ryan's dad for speaking engagements in the future.
- Blender Bike! -Andrea announced the Blender Bike was available from Maricopa County for upcoming events. On April 11th we used the Blender Bike at our Wellness Fair at the District Office. This Blender Bike is great for school events and school fundraisers.
- Smoothie testing goal accomplished and will continue. The Blender Bike Event was very successful and fun. The kids really liked the Smoothies with the fresh fruit and yogurt.
- Healthy rewards — We gave out, again this year 175 Dr. Seuss books (25 to each school) on Dr. Seuss birthday along with green eggs and ham for breakfast. 6th to 8th graders had a Homemade Head-to-Head Breakfast Challenge, based on participation improvement. They sampled upcoming breakfast items and saw improvement. 'I tried it' stickers went out to all schools to encourage fruits and veggies and breakfast.

- Healthy Rewards such as non-food rewards. Healthy rewards for the students to encourage them with 'no candy as a reward' since the kids used to receive food or candy for good behavior.
- Roving Chef Program — This on-going program doing taste tests with vegetables was in need of a juicer machine. Chef Scott is very happy with his new Vita-Mix! Roving Chef events are scheduled for all schools. Chef Scott is now scheduling with the Garden Clubs to do taste tests of herbs from the garden of items that will be added to the pizzas. Scott will be doing specials with an Omelet Bar for the teachers. There will be 'Two Roving Chef events that are scheduled for January at Collier and Tres Rios schools. Also, now Roving Chef events are scheduled for all schools.
- Compost Goal for Green —Jaime met with the Operations Department to schedule routine maintenance on the compost. LaJolla HS needs compost and is welcome to get it. The Eco-vims are being used for compost and just a reminder that compost is available.
- Newsletter Blurbs - Newsletter blurbs were given to the school Principals for their monthly newsletter. We will continue to create a newsletter blurb from our Healthy School Wellness Plan for April and May 2018 to be given to the schools for their monthly newsletter. Blurbs highlighted included: Nutrition Education, Breakfast, Farmers Market, Beverage & Food standards comparisons, Physical Activity, and Food Safety.
- Lean and Green Menu — This goal has been posted on the LESD website.
- Breakfast in the Classroom (BIC). Breakfast Patterns Surveys, and Data review analysis was conducted and reviewed to understand students better.
- Soda Free Zones in the cafeterias will continue to focus for a change.
- Fitness Food and Fun (FFF) to get more PE teachers to participate in the "Get Fit".
- Grilling and Grilling events with the Principal ideas was a goal and now accomplished.
- Marketing— We worked on some new Marketing ideas such as trying a Pancake Bar, Waffle Bar, Omelet Bar for teachers at the 'in-service' day. The Omelet Bar was a success!
- Maricopa County Department of Public Health Office of School Health and Wellness Initiatives shared the attached survey report and said "Littleton School District is doing very good!" We meet all of the requirements for a district-wide wellness committee. We meet at least 4 times per year and have seen big improvements since the creation of our wellness policy in all areas to include food and beverage marketing, healthier food and beverage options, and physical activity.
- LEA Success Story - Andrea had compliments on a job well done on the LEA Success Story submitted by Stacy Simmons on the latest ADE School Nutrition Program Newsletter about Littleton School District celebrating the National School Lunch Week in a creative and participatory way! Jaime placed posters in the cafeteria asking students "why do you love school lunch?" Students were enthusiastic to write on the posters and share the reasons for loving the National School Lunch Program!

2018/2019 Meetings:

FY 2018/2019 Meeting Schedule: 9/12/2018, 11/14/2018, 1/9/2019, 3/20/2019

**Location: Nutrition Department located at the
LESD District Office Welcome Center Conference Room**

Time: 4 p.m. — 5 p.m.