

## Wellness Committee Meeting Minutes

Wednesday, February 7, 2024

3:30 pm

Meeting was called to order at 3:33 pm.

Introduction of committee members in attendance: Mandy Flamion, Teresa Sanchez, Denna Lovell, Dianne El-Hajj, Kathleen Silver, Lisa Taylor, Chris Krysinski, Ted Hooks.

D. Lovell approved October 11, 2023 minutes. L. Taylor 2<sup>nd</sup> the motion.

C. Krysinski approved the February 7, 2024 meeting agenda. D. Lovell 2<sup>nd</sup> the motion.

M. Flamion did recap of October meeting minutes. Open discussion about this, including review of wellness policy and triennial wellness report. Our wellness report did very well. It is to the point, specific, and strong.

Open discussion on non-compliant food days. D. El-Hajj said before wellness policy and one day/month, sweets (cupcakes) and junk food were out of control. 500 new employees out of 900 since 2019. It takes time to rebuild culture. C. Krysinski shared that it is great to not have sweets especially in lower grades. It's hard on teachers when there's too many sweets.

Discussion of wellness champion at each site. Could be strong in beginning but may not last long-term. Could lead the cause and be effective but not sure how that can be executed. Open to new suggestions.

Focus on staff wellness as well as students (ex: yoga, painting). There are roadblocks of time and energy.

Discussion on what direction the committee wants to take.

Discussion on if there is a district liability for something like a group yoga class. T. Hooks mentioned this has happened at a site, but it hasn't been district lead. It was on a smaller level and small groups put this together.

D. El-Hajj mentioned that LMSV hired a wellness coach in their district. She will email information on this. Could have a wellness portion on the district newsletter. M. Flamion suggested the next meeting we could do small groups and brainstorm ideas that could be added to the district newsletter. T. Hooks said we could find resources through JPA/benefits/HR and could use their info for the newsletter.

K. Silver said Sycamore Canyon gave a list of days that are non-compliant days and this was a clear, easy reminder. T. Hooks said different sites have flexibility with this and some have each teacher choose their non-compliant day.

D. El-Hajj mentioned giving out suggestions of how to reward students without food/treats. T. Hooks added that many of these have no costs associated.

L. Taylor asked about the non-compliant days and where it stemmed from. M. Flamion clarified it reduced the number of items that can be brought into the classroom. Can focus on non-food rewards and incorporate healthier options or at least limit unhealthy options. T. Hooks said goal is to not have food in the classroom as much. A part of compliance has to do with having parties/treats after lunch but it is not as routine as it used to be.

M. Flamion explained the differences between CNS served foods vs brand food at the store. They are portion controlled and must follow strict guidelines. K. Silver suggested moving more towards whole food/making food from scratch. M. Flamion said salad bars are a way to show farm to table items. K. Silver suggested moving some of these whole foods to breakfast. T. Hooks said there are efforts from CNS school staff in talking to students about new/different options and that is helpful.

D. El-Hajj asked about supply chain issues. M. Flamion stated these issues are not completely gone but things are getting better, now there are more substitute items available than the past 1-2 years.

Can review how a wellness communicator liaison would work at each school. Go365 is no longer in place to support wellness? Continue to brainstorm ways to promote wellness to support staff. Communicating with Cori for wellness tips. We don't want to just focus on CNS, want to incorporate other wellness avenues.

T. Hooks suggested to communicate EASE/EAP program through JPA. Many employees are not aware of this program that provides support.

Next meeting date TBD. Meeting adjourned at 4:25 pm.