

Wellness Policy Board Policy Committee Meeting, October 24, 2019

PRESENTED BY

Bonnie Christensen

Director, Food and Nutrition Services

Jezra Thompson

Supervisor, Gardening and Cooking Program

BACKGROUND

CDE requires ([CDE guidelines](#)) that school districts create a Wellness policy with participation from District and community stakeholders:

- Representative of employees at all levels
- From all departments
- Representative of the families who attend BUSD schools

The process must be transparent, including:

- Meeting minutes posted online ([BUSD Wellness page](#))
- Draft policy accessible to the public to review

The Wellness Policy is a collaboration between [Nutrition Services](#) and the [Gardening and Cooking Program](#).

[Nutrition Services](#) is responsible for ensuring this process reflected in the Administrative Review we undergo every three years.

[Beatriz Leyva-Cutler](#) on behalf of the school board charged Bonnie Christensen and Jezra Thompson with revising the policy through developing the District's first comprehensive policy for Health and Wellness.

[Jezra Thompson under Garden and Cooking](#), receives funding in part, on the basis of her work to encourage health and wellness through educational program at all our schools – Garden and Cooking.

Current District policies related to health and wellness:

- [District's Integrated Wellness Policy](#)
- [Food Policy](#)
- [Food Allergens Policy](#)

POLICY GOALS

- For the District to coordinate the Wellness Policy with other policies and plans, when appropriate.
- For the Superintendent and designee from Executive Cabinet to be responsible for the oversight, implementation, and evaluation of the Policy.
- For a District Wellness Committee to be formed with key stakeholder and community partners that serve as an advisory group to oversee implementation and updating the policy on going. Our [current committee participant contacts](#).

- For the values and goals of the policy to be consistent with the policies, values, goals and practices expressed by the District.
- For the District to promote parent, student and caregiver engagement and invite them into the process of implementing the Wellness Policy.
- For the District to recognize and respond to the findings from the [2018 City of Berkeley Health Status Report](#), supporting the health and wellness of our most vulnerable student and staff populations.
 - [Past Health Status Reports](#)
- Glean from existing resources to draft a comprehensive policy to be revised by stakeholders to develop a best fit policy for our school communities.

TABLE OF CONTENTS

The table of contents can be found on the Wellness Policy cover page ([Draft Comprehensive Wellness Policy](#))

DIFFERENCE

- The Food Policy itself is quite limited. There have been no revisions since it was first implemented 15 years ago or so.
- Outlines a comprehensive roadmap to supporting health and wellness for our students, families, and staff.
- Directives on who is responsible for making decisions and who needs to participate.
- Outlines steps for implementation and updating the policy.
- Outlines mental and sexual health resources for students.
- Connects to sustainability plan and goals.
- Includes trauma informed education and resources for staff and students.
- Included participants from school communities within Berkeley in editing and drafting the policy.
- Includes an implementation plan and oversight for District central administration and sites.

CHALLENGES

The intention is to set attainable goals with the caveat that consideration will have to be made for costs, time lines, and resource availability. Implementing the policy will require commitment and investment from leadership at all levels to uphold this policy and see it through with measurable results.

- Implementation is intended to happen through site leadership. There is funding for a modest stipend in support of leadership and projects at the site level.
- Accountability is intended to occur through reporting from site level committees to district level committees with backing from district leadership.
- Buy in. The policy will be most effective if the community at large is in support of these goals and is committed to realizing these goals. Through participation in the review process and implementation at site level the intention is that the community will become aware of the goals outlined in the policy and realize and adopt these values. District leadership can have a powerful impact in this respect by modeling these values in their own behavior and using these values to influence their work at the District level.

- Costs will always be a factor particularly while the district is faced with budgetary deficits. District leadership will play a significant role in determining investment with respect to these goals.
 - The policy goals will be monitored through Good Food Purchases (independent auditor) funded by the Gardening and Cooking Program.
 - Gardening and Cooking Program funding for site leadership and assessments required for nutrition services provided by Good Food Purchasing, will be dependent on Healthy Berkeley Grant and District matching funds for this grant.

Board Subcommittee Feedback:

- Distinguish between policy vs plan.
- Estimate costs, highlighting items that will have costs attached to them. presenting to the Subcommittee to decide on budgeting for these additional costs.
- Meet with Assistance Superintendent regarding including education services.
 - What are the costs to implement cutting edge educational strategies for comprehensive health?
- Involve school site leadership.
 - Meet with Erin Schweng and Heidi Weber.
 - Is there a way to tap into the student clubs at the HS who are taking on Sustainability?
- Create a timelines for items placed in the plan.
 - What can be done now vs what we are aiming to do in the future?
- Include other leading departments.
 - Meet with Transportation, Principals (present at meeting), Sustainability Committee (Jezra and Bonnie are on the committee)
- Jezra and Bonnie will respond to community asks and concerns in discussion with the Superintendent
 - Recess before lunch and longer lunch periods; to be further discussed with the Superintendent prior to submission.
 - Goals outlined in the policy; determine what should be included in the policy and a plan.
- Directed to post on the Wellness Policy website the "Draft".

NEXT STEPS

- Parse out a policy and a plan with the committee during the 12/12/19 meeting.
- Jezra and Bonnie will present again a policy and a plan to the Board Subcommittee.
- Jezra invited Beatriz and Ty to attend the next meeting and referred them to the schedule of meetings planned for the duration of the school year.
- Approve a Wellness Policy
- Continue to upload resources onto the wellness policy webpage once approved
- The District Wellness Committee has created an online survey with committee edits, to be sent out via principals to encourage site representatives.
- This work is focused on implementation this year, paid by timesheet through the Gardening and Cooking Program.
- Jezra and Bonnie have mapped out four meetings for the District Wellness Committee. They include dinner, and childcare upon request, and take place on Thursdays (moved meetings from Wed to Thurs to accommodate Board meetings) from 6:30-8:30 in room 126 on the following dates:

1. Sept 26
2. Dec 12
3. March 12
4. June 4