
B.U.S.D. Wellness Committee

Meeting Minutes

Wednesday, December 5, 2018

B.U.S.D. District Office - 2020 Bonar Street, Room 126, Berkeley, CA

6:30 p.m.

Presenters : Bonnie and Jezra

Attendees

Alix Abrahams, BUSD High School Student in CTE in Public Health Program Ambassador

Angela McKee-Brown, Director of Education, Edible Schoolyard (ESY)

Anna Lappe, Washington Parent

Beatriz Leyva-Cutler, Vice President, BUSD Board of Directors

Bonnie Christensen, Director, BUSD Nutrition Services

Cynthia Atases, BUSD Nutrition Services

Gabriel Calogero, High School Student in CTE in Public Health Program Ambassador

Isabel Parra, BUSD Translator for Superintendent

Jezra Thompson, Supervisor, BUSD Gardening & Cooking Programs

Joni Loftin, Clerical Assistant I, BUSD Nutrition Services

Julie Lefko, YMCA

Laura Albertson, Former Teacher and Washington Parent

Liza Lutzker, Sylvia Mendez Parent and Walk Bike Berkeley Member

Mariana Bedetti, Malcolm X Parent

Shannon Edwards, YMCA Early Head Start

Steve Collins, Manager, BUSD Facilities Maintenance

Traci Moren, Washington Parent and Acupuncturist

Vika Teicher, Cooking Instructional Specialist, Gardening & Cooking Program and BUSD Parent at Thousand Oaks

Agenda

1. Wellness Policy goals
2. Our current Wellness Policy (Spanish and English) and what it covers Updating out Wellness Policy - Outline the objectives for the 4 meetings
3. Getting to work - Updating our Wellness Policy - Target Areas
4. Subcommittees will work on each target area
 - a. Expectations, parameters, and process
5. Closing circle
 - a. Timeline for Policy approval process
 - b. Next meeting(s) schedule and agenda

Current Wellness Policy and Food Policy

1. All School Board approved policies are found on the BUSD website.
2. These are the relevant policies. You can find our Wellness Policy and Food Policy on our Nutrition Services Website and Gardening and Cooking Program Website.
3. Can view (in English and Spanish) on Nutrition Services and Gardening & Cooking Program webpage. Example above
4. Contact **Bonnie Christensen, Director of Nutrition Services**
bonniechristensen@berkeley.net
5. Contact **Jezra Thompson, Supervisor of Gardening and Cooking Program**
jezrathompson@berkeley.net

Updated Wellness Policy

1. Discussed purpose of Site Wellness Committees: will interpret District policy; will serve as liaison between school sites and district; will enforce guidelines.
2. Discussed funding to cover implementation of policy - may be covered by LCAP and grants.
3. Discussed the protocol for developing the new policy: template has been created; committee members will discuss what is missing and make recommendations; draft will be brought to the Board Policy Committee; and then presented to the Board of Directors as an "information item"; feedback from Board will be presented to the Wellness Committee; and by the fourth committee meeting, will be fine tuning the policy, developing rules and regulations, and establishing site committees.
4. Covered various topics addressed in the template created by Bonnie and Jezra including Nutrition Education; Nutrition Promotion; Physical Activity and Physical

Education; Fundraising; and Healthy Snacks and Water. Subcommittees will be reviewing the topics on the template and will make suggestions for edits.

Feedback


1. Not enough time to eat lunch: if recess is after lunch, students will often skip lunch to extend their recess time. To address concerns, recess needs to be before lunch; statistics show that students will eat lunch if recess occurs before lunch.
2. Cooking and Nutrition Education is not at every site: Per Beatriz, the Federal government cut over one million dollars from the budget. Per Jezra, we are the only school district that has a garden at every school site (with the exception of BHS). Health and nutrition education and cooking instructions are being brought back. Have a published curriculum on how to teach in the garden and after school nutrition. The Gardening & Cooking program is working with ESY and CTE Program Manager to develop a CTE in Public Health pathway. Offer paid Public Health internships and entrepreneurship projects for students.
3. Use of plastic and paper cups: Bonnie and Steve have discussed installing water filling stations, as an alternative, where students and staff can refill their water bottles.

Subcommittees

1. Each subcommittee has a section of the template to focus on and review for additions or changes: Nutrition; Comprehensive Health Education; Positive School Climate; Sustainability; Health and Social Services; and Fundraising and Communication.
2. Each Wellness Committee member is assigned to one subcommittee. However, if a Wellness Committee member wants to work on multiple subcommittees, that is welcomed.
3. Subcommittee members will make comments on the template using Google Docs.
4. After 4 weeks of subcommittees working on Google Docs, Bonnie or Jezra will submit a Google doc to the Board Policy Committee for review and feedback.
5. Feedback and concerns from the Board Policy Committee will be discussed and addressed at a preceding Wellness Committee meeting.
6. Wellness Committee broke into their subcommittees and began working on their sections.

Suggestions

1. Vika suggested sending out a survey to parents that could be filled out on a computer and tracked. Jezra said that it could be sent out via A+ news.

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2. Beatriz emphasized that community buy-in was important and recommended a survey for parents via District English Learner Advisory Committee (DELAC) to ensure that students, parents, and community are all included in the process.
 3. Beatriz also recommended adding a question to the parent survey that is already scheduled to be sent out in April.
 4. Bonnie recommended conducting a student survey to determine the issues that students deemed important for health and wellness.

Action Items

1. Subcommittees will work on template together via Google Docs.
2. Bonnie and Jezra will create survey to be sent out to parents electronically.

Next Meeting

Wednesday, February 6, 6:30 p.m., 2020 Bonar Street, Room 126, Berkeley