
B.U.S.D. Wellness Committee

Meeting Minutes

Wednesday, February 6, 2019

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

6:30 p.m.

Attendees

Alix Abrahams, BUSD Student Ambassador

Angela McKee-Brown, Edible Schoolyard (ESY)

Ann Callegari, Supervisor for Family Engagement and Equity, BUSD

Anna Lappe, Washington Parent and Good Food Purchasing

Aya De Leon, John Muir Parent, BUSD Alum

Ayanna Davis, Healthy Black Families, BUSD Parent, Acupuncturist and Herbalist

Bonnie Christensen, Director of Nutrition Services, BUSD

Deb Shell, Malcolm X Parent

Gabriel (Gabe) Calogero, BUSD Student Ambassador

Jennifer Sowerwine, UC Berkeley Cooperative Extension Specialist, Berkeley Food Institute Affiliate, BUSD Parent

Jezra Thompson, Supervisor, Gardening & Cooking Programs, BUSD

Joni Loftin, Clerical Assistant I, Nutrition Services, BUSD

Laura Albertson, Former Teacher and Washington Parent

Liza Lutzker, Sylvia Mendez Parent, Walk Bike Berkeley Member, and UC Berkeley Researcher

Liza McNulty, Thousand Oaks Parent

Natasha Beery, BSEP and Community Relations Director

Nick Lee, Edible Schoolyard (ESY) and BHS Teacher

Sara Webber, Berkeley Food Network

Sheila Collier, Transportation Manager, BUSD

Traci Moren, Washington Parent and Acupuncturist

Vika Teicher, Nutrition Educator for Gardening & Cooking Program, Thousand Oaks Parent, Certified Nutritionist



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Agenda

1. Introduce yourself by name and school site, department or organization you're representing tonight
2. Housekeeping - wifi and chromebooks
3. **Review Meeting Minutes** 12/5/18 & links to docs/policies
4. Subgroup working time
5. Gallery walk for feedback on diff subgroups
6. Subgroup regroup and share out
7. Next steps and timelines

Introductions

1. Wellness Committee Members introduced themselves to the group. Introductions from district reps and admin first, highlighting their support for this work and resources during subgroup working sessions.
2. During Gabe Calogero's introduction, he reported that a survey shows that a lot of students at BHS don't know that breakfast is served there. He recommended outreach (i.e. posters, general advertisements) for school lunch and breakfast.

3. During Alix Abrahams introduction, she reported that she led discussions about our substance education policy. Feedback - substance education needs to be revised; it's very lacking. She also tried to get feedback from sex education classes.

Progress on Wellness Policy and Fundraising

1. Board would like to create an umbrella wellness policy which captures all facets of children's health. It may include sustainability which they will decide at a later date.
2. Jezra and Bonnie have created a template and framework for the new wellness policy .
3. Bonnie stated the goal of the sustainability group is to determine what should be included so that she can present a proposed plan to the board which incorporates everyone's input.
4. Bonnie addressed issues around fundraising. She stated that companies donating food would be an issue as the district doesn't approve of measures that would impact breakfast or lunch in schools. Bake sales may also not fit into the goals of the wellness policy as many goods such as brownies/cookies that are sold do not meet nutritional guidelines. She said that it is possible to conduct auctions off campus.
- 5.
- 6.
- 7.

Subgroups' Recommendations

Subgroups were asked to work together to finalize their feedback, identify the key issues, and write them down. Each subgroup created a vision statement statement which they shared with the larger group. Those who were unable to due to time constraints were afforded the opportunity after the meeting.

Sustainability topics that should be addressed in each subgroup

- Posed question to be considered - "what is the relationship between sustainability and the wellness plan?"
 - Currently, the wellness plan focuses on health and nutrition services. Should the sustainability "chapter" focus only on health and nutrition services (i.e. waste in purchasing, procurement, and disposal, etc.)? Or, should (the Sustainability section) be greatly expanded? How are we defining wellness?
 - Wellness Plan must be consistent with Sustainability Plan adopted by BUSD.
 - Should "active transportation" be included in the wellness policy?
1. **Comprehensive Health Education:**

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- Vision - every student exiting from BUSD is prepared to live a healthy, happy life due to a comprehensive, consistent, and innovative health education program that is provided in an environment that is a model of these values.
- Provide clear definitions Need definitions of hunger, healthy, nutritious, non-nutritious, and health education.
- Edit or remove language that is stigmatizing.
- Provide all documents in multiple languages.
- Provide cafeteria environments that are conducive to students learning about food.
- Suggestions for text in the Sex Education, Mental & Behavioral Health, and Drugs/Alcohol/Tobacco prevention (sections).
- Add topics: Body Image with Nutrition Education; Sexual Assault & Sexual Harassment education, prevention, and support - and start it early

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2. **Nutrition:**

- Vision - We believe lunchtime is a vital part of the school day; it is a vital time to promote socialization, connection, community, and health.
- There should be healthy , quality choices available- nutritionally-dense food at lunch and breakfast (i.e. protein/vegetable/fruit breakfasts that don't have sugar); serve veg/salad (with?) pizza, etc; organic, non-GMO; no palm oil; whole milk only; source local, urban-produced foods for salad bar
- Ensure enough food is available and provide a quality vegetarian option.
- Culturally-relevant foods - "Welcoming foods" for new refugee/immigrant families.
- Macronutrient-balanced foods: carb-heavy snacks and meals can be detrimental for some kids; protein, fiber, and healthy fat should be considered in meals.
- Posed question "what are barriers to getting access to that food?" They gave an example of the amount of time allotted for lunch as one of the barriers.
- They asked how minutes can be added to lunch.
- Extra time to allow kids time to socialize while eating and for clean up.
- More staffing and support so that students can move through the lines more quickly and have help with navigating the lunch experience (i.e. support with opening their lunches, heating food, getting up for more food/utensils).
- Teachers should not be allowed to punish children by making them late for lunch.
- Quality of the eating environment - recommended sound dampening in cafeterias.
- Play or recess should be scheduled before lunch.

- They want health equity: kids eating free lunch vs. home lunch is reinforcing/creating class divisions - kids who are eating lunch from home have more time for eating and they end up having conversations/connecting separately; add language that protects kids on free/reduced lunch program from having less time to eat lunch than other students due to having to wait in line. They want more time allowed for them. Also, healthy vs. sugar breakfast.
3. **Health and Social Services:**
- Provide access to social services and healthcare - preserve Family Engagement and Homeless Family Liaison positions and each school should have its own nurse (currently, there is only a District Nurse).
 - Have crosswalks at schools near bus stops, etc.
 - Include staff wellness as part of the wellness policy
4. **Fundraising & Communication:**
- Food should not be allowed as a source of motivation by teachers. They should be encouraged to use other means to reward kids (i.e. extra outside play, stickers, special day privilege).
 - Birthday celebrations - instead of celebrating each child's birthday individually, celebrate all birthdays for that month together to eliminate regular distribution of candy, cupcakes, etc.; bring in healthy treats (instead of sweets) for celebrations; provide guidelines at the beginning of the school year for healthier celebrations.
 - Fundraisers - no selling of candies and sweets.
 - Add wellness position to PTA for the purpose of implementing, reporting back, and helping to hold school accountable.
 - Advertising guidelines say "no marketing" but then says "foods marketed must meet competitive food guidelines."

Individuals walked about and provided feedback on each subgroup issues listed out on butcher paper using post it notes. These notes were added to the larger body of feedback per subgroup, and will be addressed by Bonnie and Jezra when presenting to the Board Policy Subcommittee.

Next Steps and Actions

1. Bonnie and Jezra will meet with each subgroup via an email calendar invite. At this point they will gather any additional feedback to include in the presentation to the Board Policy Committee.
2. April 10th, Bonnie and Jezra will present the Board Policy Committee Feedback and next steps
3. Revisit schedules and timelines-process for Board approval of a comprehensive

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- Wellness Policy.
4. The Committee will meet next on **April 17** in room 126, 2020 Bonar St.