



# B.U.S.D. Wellness Committee

## Meeting Minutes

Wednesday, April 17, 2019

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

6:30 p.m.

**Details:** Dinner Provided. Third meeting/4. Presentation items are [here](#).

**Presenters:** Bonnie and Jezra Host

### Attendees

Alix Abrahams, BUSD Student Ambassador

Aya de Leon, John Muir Parent, BUSD Alum

Allison Eckert, Associate Director of Development and Communications for 18 Reasons

Aliza Rothman, Parent

Angela McKee-Brown, Director Edible Schoolyard Project

Bonnie Christensen, Director of Nutrition Services, BUSD

Cynthia Atases, Nutrition Services

Elizabeth Dunkle, BCCE Rep

Gabriel Calogero, BHS Student CTE Public Health

Hanna Gonzales, Cragmont Parent

Jezra Thompson, Supervisor, Gardening & Cooking Programs, BUSD

Laura Albertson, Washington Elementary Parent

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

Mariana Bedetti, Malcolm X PTA

Traci Moren, Washington Parent and Acupuncturist

Sara Webber, Food Network



## Agenda: [Powerpoint presentation with outline](#) (hyperlinks highlighted)

1. Quick introductions
  - a. [Committee participant contact sheet](#)
  - b. 2 new parent representatives
2. Presentation by on the [Lunch Study](#)
  - a. [Why we needed a lunch study](#)
3. Q/A & feedback on study
4. Presentation of compiled comprehensive wellness policy-document compiled with all of your feedback
5. Subgroup work on final document for feedback
6. Feedback from high school teachers or students
7. Review next steps and timelines

## Wellness Policy Meeting Minutes

[Review Meeting Minutes](#) from the last meeting 2/6/19 (in the ppt; pink is hyperlinked)

Access all the documents in the hyperlinks:

1. [Subcommittee members, contacts](#) and subgroups assigned
2. [Wellness Policy](#) and [Food Policy](#) (Spanish at [Wellness Policy](#) and [Food Policy](#))
3. [Nutrition Services Website](#) and [Gardening and Cooking Program Website](#).
4. Documents for [Wellness Policy Committee Subgroups](#)

## Presentation on the Lunch Study

### ***Brief Summary***

1. Mariana presented a parent lead lunch study to assess whether there is adequate time for lunch in BUSD elementary schools.
2. This document provides a summary of a discussion delivered to the PTA Council meeting on February 24, 2019 by Mariana Bedetti, Deb Shell, and Chris Aitken, parents at Malcolm X Elementary School.
3. The slides were not designed to be standalone but rather presented. This document includes summary speaker notes however it is not a complete record of the discussion.
4. This study examines differences in the lunch time programs and operating arrangements across a small number of elementary schools in the Berkeley Unified School District (BUSD).
5. Due to the sample sizes collected, results should be interpreted as providing directional guidance and could inform decisions to complete a more



comprehensive, system-wide study to address parents' concerns regarding the operation of lunch times across BUSD elementary schools.

6. Four schools participated; Malcolm X, Rosa Parks, Washington, and Thousand Oaks chose to participate with two schools in the sample having recess before lunch and two that had it after.
7. The study found that recess before lunch was a better option because it allowed for students to have more time to eat during the allotted time.
8. Bonnie highlighted that studies demonstrate recess before lunch is a better option and it does not cost money.
9. Parents said that children are given time to eat during class prior to lunch which is an unfair advantage to those that do not bring their lunch from home. This indicates there needs to be a longer scheduled lunch period.

### **Recommendations**

1. Recess should be implemented before lunch in schools where it is scheduled after.
2. School day was extended by 15 mins and 10 mins were taken away from lunch. This time should be restored.
  - Principals need to be engaged for implementing, as scheduling can be a big challenge. Bonnie will present the lunch study to the principals, Directors, Superintendent, and report feedback.
  - Connect with UC Berkeley students to conduct a comprehensive study that includes all elementary schools in BUSD. Consider having follow up studies every few years.
  - Share the lunch study, and engage the community's support.

## Wellness Policy

Jezra presented the compiled wellness policy and reviewed the process. Handed out paper-copy to participants for review. Requested feedback via track changes or written notes. It's a lot shorter than expected, because we removed redundancies, as many folks shared similar feedback in different sections. We organized the feedback by topic and included it with as much clarity as possible. We may have added your feedback in another section than you originally provided it. Also, your feedback may be grouped into feedback topics and worded differently to capture the group's similar feedback.

What's in this document:

1. Preamble
2. Policy Goals
3. School Wellness Committee
4. Wellness Policy Implementation, Monitoring, Accountability, Community Engagement
5. Nutrition, School Meal Programs

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- a. Promotion and Participation
  - b. Farm to School
  - c. Procurement Water Access
  - d. Assessments
  - e. Professional Development
  - f. Competitive Foods and Beverages
  - g. Fundraising, Advertising and Marketing
  6. Comprehensive Health Education
    - a. School Gardens and Nutrition Education
    - b. Sexual and Mental Health Education
    - c. Professional Development
  7. Physical Education and Activities
  8. Positive School Climate
    - a. Trauma Free Schools, Adoption of RTI
    - b. Community Partnerships and Family Engagement
    - c. Staff Wellness and Health Promotion
  9. Sustainability
    - a. Cafeteria and Classroom Waste
    - b. Clean Schools
    - c. Active Transport
  10. Glossary
    - a. Board Policies
    - b. Helpful Definitions
    - c. Organizations and Agencies
  11. Appendix A: Sources

## Final Feedback from Participants

1. All stakeholders to provide feedback to Jezra *no later than Friday April 26<sup>th</sup>*.
2. Feedback on this final round is due to Jezra by April 26<sup>th</sup> end of day to be included in the final package to be presented to the Board.
3. Provide feedback via paper copy with post it notes and inter-district mail it to Jezra Thompson at Gardening and Cooking Program. Your school site secretary can do this in a large envelope.
4. Provide feedback in a Word document in track changes and email to [jezrathompson@berkeley.net](mailto:jezrathompson@berkeley.net)



## BHS Teacher Survey

1. Presented by Alix, CTE Public Health student at BHS, and wellness policy intern.
2. We requested feedback from the BHS community, including: Curriculum, comprehensive health, social media platforms and risk behavior, student pantries
3. Reiterated that drug education is important. She will conduct further research on curriculums to see if there is a prototype for one that can be implemented in BUSD, and provide teachers with an additional survey.

## Additional Feedback

1. Bonnie raised the issue of social media platforms and the impact on anxiety and suicide in school age children. Alix to ask teachers about this issue.
2. Parent raised concern about fruit quality deteriorating. Bonnie addressed issue speculating it could be schools storing it for an extended period of time.
3. Parents voiced preference for 2% milk and Bonnie said due to regulations this could not be changed.

## Next Steps

1. June 5th will be our last meeting to plan together how we will implement this policy at sites and districtwide.
2. Bonnie will share with the group feedback from principals meeting presentation on lunch study.
3. Review next steps for approving this Policy.

### **Have more questions?**

Bonnie Christensen

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Jezra Thompson

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