



B.U.S.D. Wellness Committee

Meeting Minutes

Wednesday, June 5th, 2019

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

6:30 p.m.

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

Presenters: Bonnie and Jezra Host

Attendees

Ajura Smith, Healthy Black Families

Allison Eckert, Associate Director of Development and Communication

Angela McKee-Brown, Edible Schoolyard (ESY)

Bonnie Christensen, Director of Nutrition Services, BUSD

Gabriel (Gabe) Calogero, BUSD Student Ambassador, CTE Public Health

Hina Mahmood, Public Health Nutrition Intern UC Berkeley

James Wogan, Manager Student Services

Julie Lefko, YMCA

Jezra Thompson, Supervisor, Gardening & Cooking Programs, BUSD

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

Nick Lee, Edible Schoolyard (ESY) and BHS Teacher

Rachel (Alix) Abrahams, BUSD Student Ambassador, CTE Public Health

Sara Webber, Berkeley Food Network

Traci Moren, Washington Parent and Acupuncturist

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



Agenda: Powerpoint presentation with outline

Outline for Presentation

1. Quick introductions.
 2. Lunch Study update.
 3. Presentation of compiled comprehensive wellness policy - print copies.
 4. Presentation on implementation plan - resources, tools, timeline.
 5. Subgroup work ideating implementation strategies .
 6. Review next steps and timelines.
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What we have accomplished

1. Review the final rule and summary of the rule.
2. Establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy. Make sure the position title of the policy leader is available to the public. A best practice is to include contact information. Invite various stakeholders to be involved. The stakeholders can include parents, students, SFA representatives, teachers of physical education, school health professionals, the school board, school administrators, and members of the general public.
3. Glean implementation ideas from schools that have successfully put wellness policies into action.
4. Use the Model Wellness Policy Template when reviewing and updating the wellness policy.

Update on Lunch Study

1. The lunch study was presented to the principals but there has been no significant response.
2. Ed Services have been briefed on the lunch study.
3. Implementation can be difficult due to scheduling. Bonnie has spoken to principals who have implemented recess before lunch and after the initial challenge of scheduling they have said it has made a positive impact on their schools and was well worth the effort.
4. There are currently many people advocating for longer lunches and recess before lunch.
5. Need district direction.




Presentation on Final Draft Wellness Policy

1. The District Wellness Committee has followed USDA guidelines in forming its new Wellness Policy.
2. There is a complex approval process. There are several people involved in decision making including the Board, the Cabinet, and ultimately the Superintendent.
3. The new Wellness Policy document is comprehensive. The team wants to be strategic and implement fewer things well, get buy in from parents, students, and BUSD staff, and use this to expand and build on the new Wellness Policy.
4. Bonnie emphasized that this wellness policy is a baseline for student and staff health and individual schools can implement stricter policies. After demonstrating the success in their own schools they can come back to the district and advocate to add measures to the current policy.
5. Sexual and mental education as well as sustainability have been included in the Wellness Policy.
6. Though there is a Sustainability Committee, it is more focused on buildings, while the wellness policy approaches sustainability from another angle such as staff wellness.
7. Trauma has also been included in the Wellness Policy. There is concern about stigmatizing between those who eat school lunches and those who bring them from home; the former has less time to eat. There's not enough time to eat their lunch.
8. Bonnie has shared with the policy committee on the board.
9. The hope is that the district embraces the wellness policy as a philosophy and prioritizes it so that it becomes a directive for all schools to follow.
10. It will be up to leaders to enforce the policy and district wellness committees to help support the sites.

Implementation Plan


1. Create and support site committees
 - a. Outreach and nominate site wellness champions
 - b. [Use the work plan template for site plans](#)
 - c. [Reference the drive for implementation tools for sites.](#)
 - d. [Site activities and ideas for implementing goals](#)
2. Continue reviewing and assessing local wellness policies and implementing new requirements.
3. Continue to inform and update the public about content, implementation, and assessment of wellness policies.
4. Keep supporting documentation on file as LEAs will be held accountable for local.

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5. Jezra has secured funding for staff members or BUSD employees who participate in the wellness committees.

Committee Break Out on Implementation Plan

1. How can we Build Site Committee?
 - a. Top-down and bottom-up approach at the same time:
 - i. Principals to nominate and enforce
 - ii. Recruitment legwork to create interest and seek advocates at sites.
 - b. Students
 - i. Announcements (PA)
 - ii. Incentives- Money, Extra credit, CTE internship, competitions
 - c. Adults
 - i. Parents/guardians
 - ii. Coaches and counselors
 - iii. Meeting time for SWCs should be convenient for busy adults such as drop off or pick up times.
 - iv. Translation and childcare
 - v. Stipends for parents.
 - d. BHS -
 - i. Get Schweng on board and have her contact all staff to see who is interested.
 - ii. Focus outreach (Alix, Jezra, Schwent, etc talk directly to them) on anyone who we really would like on the committee. Can be applied to all schools.
 - iii. Wide outreach with repeated attempts to invite people through various communication methods (emails, newsletters, robocalls, questionnaires, staff meetings, PTA meetings)
 - iv. PTA president and principals and teachers OFEE Office of family engagement and equity, staff do outreach.
2. Who should be on the site committee?
 - a. Need for materials: Recruitment flyer, "job description" that describes what qualities are desired.
 - b. BTech PTA: Ramal Lamar, Heidi Weber (Ajura will reach out)
 - c. BHA: Ms Irma Thomas (Ajura will reach out)
 - d. BHS: Nick Lee
 - e. BHS Meet overseer Michale Sealy. Teacher who has been there for a long time. SHIFT overseer- contact health centers. Ms Molly should be contacted and someone from admin.
 - f. District: Someone who works for or used to work for OUSD or SFUSD, past experience with comprehensive wellness policy. (Angie will think on it).
 - g. ECE site music and movement consultants (Healthy me kids program)

- h. YMCA family advocates involved in BUSD
 - i. Each school site should include the safe routes champion at the school if there is one.
 - j. Site counselor
 - k. Family engagement specialist at site.
 - l. Family pantry representative for site- PTA OFEE staff, extended day staff, etc.
 - m. Site PE teacher, farm & garden teacher, green team rep.
 - n. Parents, principals, representatives for students with disabilities
 - o. PTA members, teachers.
 - p. School resource officer (Sgt Mcgee or officer Mitchell)
3. Who can be a Wellness Champion for Site?
- a. WIC staff at ECE sites
 - b. Facilities
 - c. School meal service staff
 - d. Clinic staff (SDHCs)
 - e. Pre-school/ECE staff
 - f. Students, teachers, coaches
 - g. Parents/guardians
 - h. School safety officers
 - i. Counselors and their interns.
 - j. Public health and AMPs interns/students
 - k. Nutritionist/dieticians & MDs
 - l. Jezra's staff
 - m. Ann Calegary (Ajura suggestion)
 - n. Berkeley Food Policy Council members
 - o. BYA staff - Kevin (Ajura's suggestion)
 - p. Berkeley Public Health Dept staff. Margarita Guerrero - Nick's suggestion.
 - q. Ecology Center youth interns outreach and their staff.
 - r. People who have been working on OUSD's good food purchasing policy change.
 - s. Oakland Food Policy Council members.r
 - t. Admin and classified
 - u. BFT
 - v. Bears/Learning (Dance)
 - w. Special Ed/Music
 - x. In partnership with students, foster parents, partnership agencies.
 - y. Traci - in touch with principal and teachers to find a representative
 - z. Vika approach cooking and nutrition teachers.
 - aa. Farm & garden teacher (Farmer Ben)
 - bb. Running club teachers (Lupercio, Estrada, Frias) - Sylvia Mendez.
4. Do you want to participate in a DWC?
- a. Sarah Webber - Berkeley Food Network
 - b. Julie Lefko - YMCA of the East Bay

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- c. Liza Lutzker - Walk Bike Berkeley
 - d. Alix Abrahams (maybe)
 - e. Aliza Rothman (Thousand Oaks parent)
 - f. Vika Teichner (Thousand Oaks parent/BUSD employee)
 - g. Traci Moren
 - h. Ajura
 - i. Angie Brown
5. Do you want to participate in a SWC?
- a. Liza Lutzker- Sylvia Mendez
 - b. Alix Abrahams- BHS
 - c. Aliza Rothman (Thousand Oaks Parent)
 - d. Vika Teicher (Thousand Oaks parent/BUSD employee)
 - e. Traci Moren
 - f. Nick Lee

Feedback from Participants - Follow-up

- a. Parent group at Washington Elementary School created a questionnaire based on asking teachers what they wanted to change and identifying issues. The principal organized a meeting and presented it to the staff.
 - b. Liza can help write survey questions in specific ways to solicit feedback on health and wellness in schools.
 - c. Surveys should be administered in late September/early October. They should be shared with the team prior and it may be helpful in highschool to have students surveying their peers.
 - d. It would be useful to think about technology and try to include cell phone survey which may really help to get more participants.
 - e. Information about the wellness policy meetings and progress should be added to the district homepage, A+ news, and fliers.
 - f. PTA should reach out to each site and survey staff/students at the beginning of the school year. Bonnie and Jezra will aggregate responses to present to superintendent.
 - g. Increase outreach to everyone in the district. Jezra and Bonnie will add this to the presentation to Superintendent and Board as method for buy in and feedback for site committee.
6. Talking points - Vika suggested that it would be helpful to have talking points and a strategy to reach out to people who could be potential wellness champions. How the liaison can reach out to wellness champions. Parents that lead the lunch study



would be good sources to gather talking points.

7. There needs to be special consideration for underserved schools in the district (Btech, etc).

Next Steps

1. Jezra to follow up with people who are reaching out to potential wellness champions in various schools.
2. Encourage community members to email and advocate for these changes so he is aware that lunch issues and the new wellness policy is important to parents and needs to be adopted and prioritized.
3. Create a survey for health and wellness in schools to be administered in September/October.
4. Create talking points for reaching out to wellness champions.
5. Ensure that there is equity for funding of site leadership as wellness champion and make sure we reach out to those who understand and who have demonstrated that they are invested in the improvement of their students and schools.
6. Communication
 - a. Connect share notes with DELAC and ELAC and PTA for outreach for DWC and SWC
 - b. Try to do things in parallel with board implementation in place.
7. Support site committee development and action plans for next year
8. Lead and participate in four meetings for DWC FY20. which will take place on Thursdays from 6:30-8:30 on the following dates.
 - a. Sept 26
 - b. Dec 12
 - c. March 12
 - d. June 4


Resources

Implementation Resources

Online resource that helps schools offer healthier and appealing meals and snacks that meet national nutrition standards. It is targeted to the broad school community – administrators, principals, teachers, parents, and school nutrition professionals – to help them build a healthier school environment.

[Activities for developing site plans](#)

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USDA's Team Nutrition and the Healthy Meals Resource System have developed a Web site to help local educational agencies meet the local school wellness policy requirements and establish a healthier school nutrition environment. Check out the recently updated [School Nutrition Environment and Wellness Resources Web site](#) for information and resources on:

- **Local School Wellness Policy Process** steps to build, implement, and monitor your policy
- **Wellness Policy Elements** to meet the federal requirements
- **Success Stories**
- **Grants/Funding Opportunities** related to child nutrition and physical activity
- **Trainings for healthy fundraisers and wellness activities**
- **Assessing how we doing**

Team Nutrition Resources

Check out [Team Nutrition's Resource Library](#), technical assistance tools and materials, recipes, and guidance to improve the quality of school meals, as well as materials for nutrition education and promotion, such as curricula, lesson plans, and posters. Some examples include:

- [Popular Events Idea Booklet](#) provides fun ways to promote nutrition and physical activity at elementary and middle schools. It includes ideas for 20 themed events, both large and small and handouts, templates, and other free resources to support events.
- [Healthier Middle Schools: Everyone Can Help](#) is a series of communication tools designed to help you engage teachers, principals, parents, foodservice managers and students in school wellness efforts.
- [Recipes for Healthy Kids Cookbooks for Homes, Child Care Centers, and Schools](#) include 30 delicious, kid-approved recipes developed by teams of school nutrition professionals, chefs, students, parents and other community members. Schools can easily incorporate these standardized recipes into their National School Lunch Program menus.
- [Elementary School Posters](#) help you promote healthy food choices throughout the school. Use them with taste tests, special events, or to add some fun to your breakfast program.
- [Serving Up MyPlate: A Yummy Curriculum](#) is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health to introduce the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities.



The Centers for Disease Control and Prevention (CDC) has online resources to assist school districts in designing, implementing, and promoting elements of local school wellness policies:

- [Putting Local School Wellness Policies into Action: Stories from School Districts and Schools](#)
- [School Health Index](#)
- [Local School Wellness Policy](#)

Be sure to take a look at CDC's [School Health Guidelines to Promote Healthy Eating and Physical Activity](#). This resource presents evidence-based guidelines for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for K-12 students. This resource also provides useful strategies to implement the guidelines including policy development, the school environment, physical activity and physical education, school meals, competitive foods, school health services, school employee wellness, health education and teacher and staff qualifications and training.

CDC and Bridging the Gap research program also published a series of research briefs and a PowerPoint presentation that provides an assessment of policies across school districts nationwide, related to seven wellness policy components. State agencies, school districts, and schools can use these resources to identify areas of opportunity to strengthen wellness policy components. Check out [Promoting Health through Local School Wellness Policies](#).

CDC also developed a set of resources called [Parents for Healthy Schools](#) to help schools and school groups (e.g., parent teacher associations (PTA), parent teacher organizations (PTO), school wellness committees) engage parents to create healthy school environments. Use these tools to educate and engage parents and learn about all of the ways parents can support your wellness efforts.

[Model Local School Wellness Policy](#), developed by the Alliance for a Healthier Generation, was thoroughly reviewed by the USDA, Food and Nutrition Service, and is compliant with the statutory requirements for local school wellness policies, as per the final regulation, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This model wellness policy can be used by local educational agencies to help create their local school wellness policy and meet the minimum Federal standards for local school wellness policy implementation.

[Resource to Sustain and Strengthen Local Wellness Initiatives](#) is a guide to help school districts conduct an evaluation of local wellness policies. This guide details step-by-step instructions for conducting an evaluation, deciding what the results mean, and communicating the findings to stakeholders. (Developed by Institute for Child Nutrition and funded, in part, by USDA.)

