



## School Wellness Committee Meeting Minutes

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**Date of Meeting:** Wednesday, November 6<sup>th</sup>, 2024

**Time:** 3:30 pm – 4:30 pm

**Location:** Room 129C

**Attendees:** Jennifer Gordon, Katie Christopher, Erin Clark (King's College nutrition intern), Brittney Downs, Breanna Lewis, Maria "Guari" Neisch, Christopher Madrid

**Led by:** Jennifer Gordon

### Notes

- The committee assembled for the third time for the 2024-2025 school year.
- Healthiest School Summit Presentation
  - Presented by Brittney Downs (Cheatham) and Breanna Lewis (Desert Meadows)
  - The Healthiest School Summit was held in Little Rock, Arkansas. 30 states were represented and were able to network with people from different school districts.
  - They were able to talk with other districts to find out how they were able to meet criteria for the various Healthy Schools Award categories.
  - The keynote speaker Dr. Essell shared about the importance of food security for all students.
  - Thinking about ways to look ahead:
    - Family Engagement
      - Family surveys, parent and student feedback
    - Tobacco Prevention
      - Tar Wars Program, Red Ribbon Week
    - Student Wellness Policy
      - Student Wellness Program, Wellness Week
    - Nutrition and Food Access
      - In classroom taste tests, all kids eat free grant! (CEP)
    - Physical Education and Activity
      - Walking classroom, physical activity throughout the school day
    - Health Education
      - Ride your bike to school day, various ways students can maintain and improve their health
  - Takeaways
    - Breanna – Social Emotional Learning (SEL)
      - Breakout session presented by CEO of GoNoodle & Principal at All-Star School
      - SEL for Teacher – principals weekly personal check-ins with teachers
      - Teachers can check in with students or send something home once a week (building and investing in students)
      - Family Engagement – Family Fun Nights, inclusive welcome for all students (handshakes, good morning, stickers)
      - Alliance for a Healthier Generation has a 5 Week SEL Guide (online)

- Community Partnerships – grocery stores, churches, local businesses, YMCA, food pantries, clothing closet, dental van, vaccines
  - LESD has started food distributions and offers the Helping Hands Closet
- Andre' Billman – PE Curriculum
  - Where is the district in providing a framework for PE standards?
  - Pacing Guides
  - Some curricula are available online
  - Include Health Lessons
  - Heart Challenge
  - Tobacco Free
    - Teens Against Tobacco
    - Empower
    - Other community contacts
    - Resource Officers
    - Student Involvement
- Brittney Downs - Ensuring Health Equity
  - How are we providing and encouraging healthy choices
  - Student Voice – Does the student have a part? Giving them a choice.
  - Variety (tastes, cultures)
  - Community Involvement
  - Engagement
  - This is related to Cheatham's sustainability school theme.
  - School challenge – “Did you taste the strawberries today at lunch?”
  - How do we encourage students to participate in eating the foods that we are already serving?
  - Idea: Fruit and Veggie Challenge
    - Other Ideas: Longer time for seated meals, Supervisory Associates encouraging students to eat more of their food at lunch time, recess before lunch

Current To-Do Items:

- Will table to next meeting: Alliance for a Healthier Generation Action Center Demo and 2025 Award Guide
- Katie to invite Angie Smith and Julie Starkey to present on ways they are supporting students and families
- Katie to request being able to attend one of the PE Teacher quarterly meetings

Questions/Concerns/Thoughts:

Next Meeting: Early December via Google Docs; DoodlePoll to follow.