

WELLNESS ADVISORY BOARD

CONCORDIA CHARTER SCHOOL, INC. 2/27/2019

Wednesday, February 27, 2019 1:30 pm, Cafeteria

Attendees: Rachel Gomez-Acosta, chair; Jesicka Aguilar (instructional aide); Mrs. B (PE teacher); Mrs. Buck (3rd grade teacher); Roxanna Colmenero (nutrition services); Mr. Dumouchel (6th grade teacher), Iris Tirado (nutrition services director)

Meeting Agenda

- Review of LWP Report- content of report was discussed. We're doing a lot of wellness work at CCS! At least 3 of the items on the "working on" list have been successfully implemented!
- Updates on progress/projects- several ideas were discussed:
 - Alternative to ice-cream celebration after AZ Merit- introduce the smoothie program! **Rachel** will get fender blender ordered in time.
 - Staff wellness- provide a monthly active staff activity (volleyball game, Zumba, yoga, walk around the block, do Pat Tillman run together...). A list of ideas will be presented at next meeting. **Brandi** is taking lead on this.
 - Student/parent education- to address issues like takis at lunchtime, several intervention ideas surfaced, including:
 - Provide a spicy flavor station item (hot sauce, mini tajin packets...) for students wanting a spicy flavor in their meals- **Iris/Rachel**
 - Educate students and parents about the ingredients and consequences of unhealthy snack items through handouts, displays, discuss at a parent night- **Rachel**
 - Open House can be used as a kick-off to introducing wellness topics to students and parents for next school year- **Jesicka** to take lead

- Using spices to flavor food. Maybe use this as a taste-test platform? See if AZ Health Zone has any resources or displays to help (what is this doing to my body?) **Rachel/Iris/Roxanna**
 - Healthier options for lunch/snacks from home (need to address current policy and make updates if needed)
 - Sharing policy- snacks from home, sharing germs, etc.
 - How many steps is that food choice?
- Role of Committee- discussed current barriers from greater participation and engagement. Communication about the wellness work being done at CCS is key, as many don't know what is involved with the committee and with wellness work on larger scale. The role of the committee needs to become more hands-on and inclusive of all stakeholders.
 - Idea: Do a monthly staff newsletter discussing different wellness topics and sharing the staff activity for that month. **Mr. D** is taking lead on a list of topic ideas for next year.
 - Staff input on lunch menu- give staff opportunities to give feedback on menu- **Iris/Rachel**
 - **More specific committee structure model will be shared at next meeting- Rachel**
- Membership expansion- in addition to opening up the committee to more staff members, we want to include at least 2 parents in SY20. **All Committee members** will brainstorm a list of parents that might be interested for individual invitations (along with all-school promotion). The four parents participating in the nutrition classes are a good place to start. **Rachel** will also seek out some community partners to include in the committee.
- Committee name changed to School Health Advisory Committee (SHAC) by group consensus. Members would like something "cool" to advertise participation in SHAC among peers and community.
- Next meeting: August 2019