

1/31/2019

CUSD Wellness Committee Meeting

Notes:

- Attendance: 10 people
- Community Happenings:
 - o Live Well!
 - Meets the 2nd Wednesday of the odd months from 2pm-4pm in Chula Vista
 - Focusing on student attendance - all absenteeism not just compulsive and parent engagement
 - Omar is the chair for the School Work Group
 - Looking for representatives from each district
 - Meetings are currently paused but plan to resume soon
 - o Future Chefs with Michelle Bowen – Executive Chef of Sodexo
 - A “Top Chef” like competition planned for Fall 2019
 - Students will compete for the best recipes, 1 competition per school
 - Recipes must include:
 - Whole grain
 - Meat/meat alternative
 - Vegetable or fruit
 - Top 5 recipes will be included in the menu
 - Need to find judges
 - o Love Your Heart Day – 2/14
 - Free blood pressure screenings
 - Loveyourheartsd.org
- Updates to Wellness Policy:
 - o Include staff wellness and student mental health and wellness
 - o First reading with the Board will be held in February 2019
 - o Health and Wellness Fair – may be held in conjunction with open enrollment in fall 2019
 - Smoothie bike
 - Contact Dairy Council to bring the cow
- Increased site awareness of Wellness Policy:
 - o Summary has been sent to parents and staff highlighting pertinent information
 - o To be included in registration and enrollment packets
- Goals for SY 2018/19:
 - o Decrease recreational screen time and awareness across the district
 - o Wellness Website has been updated with information on 5-2-1-0 model with focus on 2 hours or less of screen time daily
 - o Screen Free Week is April 29-May 3, 2019
 - Promotion for elementary/preschool:
 - Game and puzzle exchange

- Cafeteria promotion
- Promotion for middle/high school:
 - KCMS broadcast from last year
 - Consult ASB at high school for promotional ideas
 - Get a smoothie bike
 - Cafeteria promotion
- Monthly newsletter will be sent with weekly bulletin from principle to reflect a different aspect of Wellness Policy goals

Key Learning/Takeaways:

- Continue to increase awareness of Wellness Policy among students, parents, staff
- Wellness Policy has been revised to include staff wellness and student mental health and wellness
- Screen Free Week is April 29-May 3, 2019
- Future Chefs competition planned for Fall 2019

Action Items:

- Contact Dairy Council to attend Health and Wellness Fair
- Find judges for Future Chefs competition – Fall 2019