

**Ventura Unified School District**  
**Wellness Collaborative**  
**Minutes**

September 16, 2015

Wooden Room at VUSD

3:30 pm-5:00 p.m.

**Attendees:** Letty Alvarez, VCPH; Alise Echele, VUSD FNS; Debbie Golden, VUSD Board Member; Becky Haycox, Straight Up VC; Nancy Maxson, VUSD Health and Prevention; VUSD VnFL; Jennifer Robles, Assistant Superintendent, VUSD; and Bebe Kushner, VUSD Health Services

Nancy welcomed everyone to the meeting and informed the committee that although the group has gone by different names, it has been together for 14 years.

We are required by the Healthy, Hunger-Free Kids Act of 2010 to review and update the Wellness Policy on a regular basis. Since 2007, the Wellness Policy has been revised three times with the most recent revision being May 2013. Last spring, the USDA audited Food Services. Food Services did very well, but one of the things mentioned for improvement was that our Wellness Policy should consist of stronger language. We will strive to get parents and students involved for input and to help ascertain the gaps in the current policy. Nancy distributed a CSBA sample policy and a comparison chart showing the 2004 requirements and the 2014 proposed rules. We will use this document as a tool to go over our policy to determine what is missing. Nancy passed around a model copy of a wellness policy created by Alliance for a Healthier Generation. It is outstanding, but it is 19 pages and is basically a combination of policy and regulations. We have a Board Policy but no Administrative Regulations for the Wellness Policy. Alise said it would be nice to make it more user friendly and visually easier to look at for parents. Jennifer suggested that we do a progress report before we start making any revisions. Nancy said the Center for Disease Control has the School Health Index but it is a cumbersome tool. She has asked a member of a Local School Wellness Policy Collaborative Committee in Sacramento if she is aware of any school districts that have a tool to track their progress. We want something that is easy to use. It was decided that we would use this year to review the policy using input from principals, a sampling of teachers, PTA's, students, and parents and take it to the Board with suggested changes in the 2016-17 school year. We will plan to present a triennial assessment to the Board in the spring of 2016. To get more participation among staff, students, and parents, it was proposed that meetings be held at sites.

Alise said they are ending the fiscal year September 30 for the Nutrition Education/Obesity Prevention (NEOP) grant through the Ventura County Public Health. They want to work with Food Services again. Alise said they are waiting to hear about funding but are aware that it will be reduced. A farmer with San Miguel Produce is coming in to do the Farmer in the Classroom program, and the stipend was donated back to us. It was used to purchase a blender bike. It is awesome and will be taken to Storyfest and Summerfest. Five thousand students were given the opportunity to do tomato tasting this month.

Nancy reported that TUPE is in Year 3, and we will likely reapply in the spring for another TUPE grant. Joyce Cooper is 30% TUPE this year and the nurses are 20%. We are in the process of training new teachers in MSPP, Project Alert, and Toward No Drug Abuse curricula. Again, we will do a calendar with anti-smoking messages and illustrate with student art work from the chalk festivals. We are going to have posters in the classrooms to inform students of resources and where to go to for help. We are working with Letty on tobacco education. The Tobacco Bus will be at Pacific and cessation groups will be starting at Pacific High.

Nancy did Hands Only CPR training for some ESC staff. Participants were allowed to take a mannequin and video home to teach family and friends.

Nancy distributed this year's healthy fundraising brochure. It was made available to sites for Back to School nights. It was created in collaboration with West Ventura HEAL Zone.

BreakFree Education is about child trafficking. Group representatives will go into high school classrooms and give presentations. Last year, they piloted at Buena.

VEP grants are due October 1 and there will be \$3,000 grants from Summerfest. Nancy is looking for non-school employees to read the applications.

Nancy will encourage schools to participate in Fire Up Your Feet being held October 7. There are a variety of cash awards available to participating schools with a grand prize of \$5,000. Last year, E.P. Foster won \$250.

Alise reported that there will be a family nutrition series starting in October at Elmhurst. It will go from 5:30 p.m. – 6:30 p.m. It was suggested that we tap into this audience to possibly be a focus group for the Wellness Policy. Alise also informed the group that there is a new Food Corps worker on staff, Ashley Parrish-Decker. She will be taking over the ESC garden and be the lead on the student farm.

There being no further business, the meeting was adjourned.

*The next meeting will be Wednesday, November 18, from 3:30 – 5:00 p.m. in the Wooden Room*