

# **HTH Wellness Committee Meeting Minutes**

1/23/20

1. The Wellness Committee reviewed goals set at last meeting and discussed current progress in achieving these goals.  
Goal 1: Increase breakfast participation to an average participation of 10% throughout all High Tech High Schools by the end of 2019-2020 school year
  - i. Second chance breakfast carts have been rolled out at over 50% of our schools and overall breakfast participation is now at 8.5% throughout HTH schools. Please see attached bar graph highlighting the increase in breakfast participation with the implementation of 2nd chance breakfast and Grab & Go breakfast carts.
  - ii. The Food and Nutrition Department will continue to implement Grab & Go breakfast carts and offer breakfast after the bell to all schools willing to participate.  
Goal 2: Promote nutrition education in the classroom
  - iii. Nutrition lesson plans are posted to the HIVE, under the Wellness section, for teachers to access.
  - iv. Nutrition Education is currently being offered by Dietetic Intern to all HTH teachers who request it.
  
2. As a group, we completed the Healthy Districts Assessment through the *Alliance for a Healthier Generation*. This assessment targeted areas such as universal prevention strategies, targeted intervention strategies, school-staff wellbeing, and overall collaboration throughout all High Tech High Schools.
  - a. Based on the assessment results, the committee created an action plan for the identified areas of weakness.
    - i. HTH to focus on incorporating feedback gathered from stakeholders.
    - ii. HTH to focus on implementing improvements in employee wellbeing.
    - iii. Increased efforts to promote healthy foods and nonfood celebrations during classroom parties/ celebrations that take place during the school day.
  - b. Please see the attached Action Plan worksheet which highlights necessary areas of change, and committee goals to achieve change.
  
3. Our next Local School Wellness Policy Committee meeting will be in March. Amanda will send out an email confirming the exact date and time.

4. We want to continue to encourage any and all students, teachers, or other staff members that may be interested in joining our Local School Wellness Committee to reach out to Amanda Thomas for details on how to join!

# Average Daily Breakfast Participation

