

High Tech High Local Wellness & FSMC Committee Notes

SY 2019 - 2020

April 22, 2020

In attendance: Amanda Thomas, Cindy Pahl, Michal Lynn O'Kelley, Felicia Hamway, Marlo Boye, Heather Berkohen, Lesley Anderson

Amanda started the meeting with a review of our Action Plans and expressed her hopes to continue to promote wellness for our students during this distance learning time.

Completion of the Alliance for Healthy Generations survey identified three primary areas where HTH needs to focus:

- 1) Increase parent involvement in our wellness efforts
- 2) Improvement of staff wellbeing
- 3) Promotion of healthier school celebrations.

Action plans have been created to address these issues and the committee reviewed, presented and commented on our action plan efforts to date.

Parent involvement - Amanda added a link to the HTH website that encourages families to share their nutrition comments and questions and invites them to become involved in the Wellness Committee.

At this point, no parents have reached out to request involvement. Suggestions include:

- Individual schools reach out to families directly
- Continuing Zoom meetings could allow parents to attend a committee meeting without needing to travel.
- Teachers who are doing nutrition project work might be able to identify and involve parents to play a role on the committee as well.
- Parents with students engaged in sports teams might have strong feelings towards playing an active role in student wellness.
- Michal will pursue this with Point Loma sports teams.

Workplace Wellness - HTH does not have a school wide policy for staff wellness.

- Maylynne reached out to other schools and businesses to see what elements they include in an overall staff wellness program.
- Her results are attached to these notes, but included such items as on site fitness centers, smoking cessation programs, transit options, yoga classes, and more.
- Some of these might be options at HTH sites, in particular yoga classes offered on all staff days, Wellness Adventures such as creating a HTH team to participate in local 5K events, and reconsidering reimbursements for staff gym memberships.
- Michal Lynn will share information to staff regarding annual 5k for next school year to reach more staff members and encourage team bonding & wellness.

It was noted that the Calm App was recently shared by Kristie Renken, an important wellness support for staff during these times.

Amanda wants the Committee to continue to give thought to staff wellness options, but timelines to implement actions will depend on when we are able to get back in the classroom and return to more school normalcy. We need to do further research through listening sessions with teachers/staff to see what actions they recommend to support staff wellness.

Healthy School Celebrations - We know that with no funds available to support this in the classroom, pizza orders and junk food still rule. Amanda is working with Top Notch catering to create a "celebration menu" ,with competitive prices, that would give teachers a healthy snack choice that is affordable and also appealing to students. They are working on some options and Amanda hopes to produce a flyer at the start of the year so that teachers have this information available. The Celebration Menu items might also include recipe cards with suggestions on how students can create healthy snacks at home.

Healthy fundraising is an ongoing challenge at school. The USDA requires that snack sales be held 30 minutes after school has ended for the day if they are not in compliance with Smart Snack Regulations. Snack sales held at other times need to meet USDA health snack standards. Amanda has created a list of snacks that meet USDA requirements in the Wellness section in the HIVE. The HTH schools will be audited by the USDA this coming year, that might include unannounced visits. It is important that we demonstrate that we are following their guidelines to support students' wellness. Amanda plans to join a Director's team meeting at the beginning of this next school year to be sure they understand the regulations we need to follow. She will also attend teacher safety meetings to be sure teachers understand this as well. It was agreed that sharing information is the key to solving this problem.

Heather, from the CA dairy Council, shared online resources for K-6 students and teachers that may be interested in virtual Farm Tours! Information was updated to the Directors Newsletter for April.

There is much to do, but an uncertain time to set true timelines. The Wellness Committee will hold a meeting in May to serve as our tri-annual assessment and further review action plans for next year.

Meeting Date: Thursday, May 21, 2020 at 10:30 - 11:15 AM