



## FUSD Wellness Committee Meeting Minutes

September 27, 2018 from 3:30-5:00

### Welcome and Introductions

- Attendees included representatives from FUSD child nutrition staff, FUSD health services, FUSD recycle, City of Fremont Recreation, Dairy Council of California staff. Four parents and three students also attended.
- **PowerPoint Presentation by Anna Lague:**
  - Wellness Policy & Wellness Committee Overview
  - Background on Local Wellness Policy requirements
  - FUSD Policy and Administrative Regulations

### Discussion on Proposed Committee Goals

1. Proposed Goal- Create/implement an awareness campaign with a monthly wellness topic.  
Possible campaigns that were discussed:
  - Screen time
  - Overall wellness
  - Food Allergies
  - Mental Health
  - Nutrition
  - Physical activity/education
  - Importance of sleep and reflection
2. Proposed Goal- improve meals at district. Topics mentioned:
  - Parent-concern a lot of processed food more wholesome, salad bar separate. Can it be part of the main meal.
  - Lunch lines at school are too long causing students to not eat or eat rushed
  - Meals very American, could the menu be diverse
  - Oakland district- locally sourced / no frozen items. Is there a way to learn from other districts?
  - How can we incorporate teaching gardens, and use produce on menu, is this possible?
  - Conduct student Surveys:
    - November 6 Vote and Be Heard? Vote for favorite lunch entree
    - Surveys- girls scouts conduct survey for SY18/19
3. Proposed Goal: Follow up regarding proposed recess policy
  - What is current policy
  - Topic was brought up to school board
  - Student noted that she got benched during recess for talking after the bell rang after lunch

- Parent noted recess before lunch improves to eating habits vs eating before lunch where they rush to eat or not eat so they can play
4. Proposed Goal: Reduce food waste
    - Implement food share tables for lunch meals
    - County offered free material to host share table (held by the county)
      - Share cart supplies are currently available for delivery to the district
      - Roles and responsibilities need to be defined for share tables
  5. Proposed Goal: Implement a food allergy policy and awareness campaign
    - Increase awareness for all staff, students, and parents / guardians
    - Wellness Policy update to include food allergies

**Parks and Recreation – Fremont City: Introduction**

- Alvaro Zambrano (Recreation Supervisor) highlighted the importance of children getting good sleep and yoga to relax the mind. Be mindful on daily tasks to create better focus, overall wellbeing improving.
  - Fremont City does the Afterschool program at Brier, Grimmer and Cabrillo
    - Provides yoga, education and homework help as well as snack program

**Other Concerns presented:**

- Light and air quality in schools- improved turn around on repairs
- Education/awareness needed on screen time
- How to be an effective wellness committee, do we need subcommittees? If yes, due to a low number of members, we need to define the focus for this School year

**Next Meeting- November 8 from 3:30-5 pm**

- Discuss subcommittee potential
- Look at best practices from other Wellness Committees
- Potentially revise administrative regulation
- Define this committee’s goals for this year
  - Long term vs short term goals