

Plumas Lake Elementary School District  
Wellness Committee  
Meeting Minutes

Meeting Date: 1/22/2015

Attendees:

April Mackill, PLESD Food Services Manager

Sukie Dulai, PLESD Educational Services / Special Programs

Debbi G., Parent

Student Guest

Agenda:

- Welcome! Introductions.
- What is the Wellness Committee? (April Mackill)
- Goals: What is important to you? How can we help?
  - Create a “Vision Board” with written goals from meeting participants.
- Timeline: What we aim to achieve and when.
- Contact information exchange: Please tell us how best to get hold of you!
- Wrap up and thank you.

Minutes:

- The four attendees discussed what the Wellness Committee (WC) is now and what possible goals the WC could achieve.
  - What the WC is now: The WC is required to help support the schools, the district, the student, and the Food Services Department. The WC can take many shapes and focus on many aspects.
  - Goals for the WC:
    - Get school gardens up and running. Plant veggies and fruits that are appealing to students and invite students to participate in the garden.
    - Form an after school gardening club. This would support the school gardens.
    - Discussed developing a Physical Activity journal for students.
    - Form Fun Friday Fitness Days. These would be days at each school site to introduce new activities, work on fundamental activity skills, and encourage students to be more active. These events might take place at recess, or with the coordination of P.E. teachers. Must follow up with teachers at each school.

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- Get more info into the newsletter. So far, one issue has been put out. Some other information to include could be: what fruits and veggies are local and in season, where local farms are, tips for making breakfast easier, how important having breakfast is, ideas for afterschool snacks.
- Getting schools involved with more physical activity by hosting a challenge between classrooms/schools/etc.
- Student involvement. Our student guest suggested having older students tutor younger students and help create art work to display in the cafeteria or help with skills for physical activities.
- Talk about how many members the WC should aim for, if officers are needed (tabled for next meeting).
- Update to current Wellness Policy (which can be found on the district website) to incorporate all the latest regulations for Food Service.
- Social media outreach – What’s the best way to get hold of parents?
- Healthier School Challenge – The schools can apply for grants by demonstrating a commitment to physical activity and healthy meals.
- Based on the discussion, the school gardens were decided to be the first priority for the WC.
  - The 4 attendees also sketched out some ideas for what to plant in the school gardens.
    - Basil
    - Tomatoes
    - Bell Peppers
    - Broccoli
    - Kale
    - Yellow Squash
    - Cucumbers
    - Sweet Potatoes
    - Watermelon
    - Strawberries
    - Beets
    - Potatoes
    - Melons
    - Cucumbers
    - Carrots