

Sequoia Wellness Committee  
Minutes  
Meeting of July 31 and August 1 at 9:00 AM

Attendees: Jerry Lewis, Lynn McConnell, Lance Barnes, Leonard Miller, Julie Williams, Jessika Murillo, Julia Stevenson, Altreana Anderson, Theresa Lohr, Anna Rienstra

1. We want to be known as an organization that is consciously engaged in promoting healthy lifestyles for our students, staff, and stakeholders.
2. Following the Sequoia Wellness Plan (SWP) is not something that should induce *STRESS!* Enjoy whatever part of it your school is doing and don't worry about whatever part of it your school is not doing. The SWP is a fluid document designed to assist you in helping your school consciously create an even healthier culture. It is not a stick with which to beat-up you or your team. There are no wrong or right applications springing from the SWP. It is a plan designed to give guidance and assist each of us promote healthy lifestyles and cultures throughout Edkey. Edkey will ultimately be evaluated on whether or not we:
  - a. Have a Local Wellness Plan (which we do),
  - b. Assess our progress (which we are doing)
  - c. Communicate our progress, (which we will do online)
  - d. Keep good records (which we have started doing)
3. Each School Wellness Coordinator will complete an assessment to determine which parts of the SWP their school is currently doing by October 31, 2017 according to the following instructions:
  - a. Use the ADE Local Wellness Policy Activity and Assessment Tool to conduct the assessment with the SWP as your guide. Physically check the boxes designating the parts of the SWP your school is doing.
  - b. Discuss assessment results with your principal and other members of your school's wellness team.
  - c. Write down changes, if any, and reasonable and achievable goals or additional details that your school wellness team wants to incorporate at your school to further address your community's needs.
  - d. Send PDF of assessment and details to the SWP, if any, you want to make at your school to Jerry Lewis ([jelewis@edkey.org](mailto:jelewis@edkey.org)) with a copy to Lynn McConnell ([lmccconnell@edkey.org](mailto:lmccconnell@edkey.org)).
4. Whenever possible (e.g. parent nights, open house, curriculum nights, etc.) invite parents and health professionals to join the Sequoia Wellness Committee or to join your school's wellness team.

5. Lynn will post menus and hopefully, nutritional facts for those menus, on the Sequoia webpage. Each school's website will have a link to those menus for parents or anyone else to review. If your school is outside the service area of the Edkey caterer, we invite you to post your menus (and nutritional facts if possible (<https://healthymeals.fns.usda.gov/menu-planning/nutrient-analysis-software-approved-usda/nutrient-analysis-software-approved-usda>) on your school's website.
6. Lynn will meet with Arizona School Meals personnel each month to give and receive feedback on their catered meal service. If you represent a school that is serviced by this caterer please email Lynn with any concerns, ideas, or any other communication you would like conveyed. It will be the School Wellness Coordinator's job to ensure that the caterer is doing all that we have contracted them to do (e.g. delicious and nutritious meals that meet all federal and state guidelines, taste testing, friendly and smiling service, etc.)
7. Funds to do anything in the SWP that are not already contemplated in your school's budget will need to come out of ECA funds or in lieu of another operating expense. In future years additional wellness spending can be discussed and added according to each school's budget.
8. Jessica Murillo at Eastmark suggested the following links for ideas to more fully implement the SWP: <http://www.livingwellatmarketstreet.com/2014/08/potluck-tuesday-teaching-your-kids-to.html?m=1>; <https://www.choosemyplate.gov/MyPlate>; <http://www.nourishinteractive.com/nutrition-education-printables/448-kids-my-plate-picture-chart-printable-easy-healthy-eating-learning-food-groups>; <https://pueblo.gpo.gov/TN/TNPubs.php>
9. The following ideas and suggestions for Edkey-wide staff wellness programs and motivating people who might not otherwise participate in wellness activities were posed by committee members:
  - a. Organize an "Edkey Club" that has a monthly activity (probably Saturday mornings) somewhere in the state (e.g. hiking, swimming, biking, etc.)
  - b. Offer CPR classes to staff
  - c. "Team Edkey" participation in Turkey Trot, PF Changs, Phoenix-Mesa Marathon, Cancer Run, Color Run, etc.
  - d. Organize an Edkey 1 Mile, 5K, or 10K Fun Run/Walk in connection with annual gatherings or another time
  - e. Give Edkey/Sequoia-labeled moisture wicking shirts to all employees, parents, students, families, who participate in Walking Works or other Edkey-sponsored events to encourage exercise, build camaraderie, and increase brand recognition
  - f. Cooking classes
  - g. Student or community gardens (auction off produce)

- h. Assign wellness points to employees for entering non-Edkey programs or events (e.g. run/walks, triathlons, bike races, swim meets, etc.) that would add to their points needed to achieve the annual 20 point goal
- i. Free Zumba classes
- j. Reimbursement of first 3 months of gym membership up to \$10/month for all employees who present receipts
- k. Reimbursement of a percent of athletic event registration fees
- l. Continue healthy eating options at Edkey events