



**BURBANK UNIFIED SCHOOL DISTRICT**

**Wellness-Physical Activity/Nutrition (PAN) Committee**

**Wednesday, January 24, 2018 4:00 pm – 5:00 pm**

**District Board Room at 1900 Olive Ave., Burbank**

<p>1.</p> <p style="text-align: center;"><b>MINUTES</b></p> <p>Welcome</p> <p>2. Overview of Wellness Programs and Services office – Johanna Chase; Director of Wellness</p> <p>3. Whole School, Whole Community, Whole Child (WSCC) Approach</p> <p>4. Local School Wellness Policy – Kathy Sessinghaus; Director, Food Services</p> <p>5. Defined Goals of Burbank USD Wellness Policy</p> <p>6. Upcoming State Audit</p> <p>7. Resources to Support Effective Physical Activity / Nutrition Education</p>	<p>1. Johanna C., Director of Wellness; Kathy S., Director of Food Services; Debbie W., Admin. Secretary; Mariana J., Parent; Alli M., PE Teacher; Illene P., PE Teacher; Kalissa M., School Nurse; Lisa F., Health Ed. Teacher; Sharon C., Asst. Superintendent Instructional Services. ABSENT: Morgan C., Dairy Council.</p> <p>This committee engages all stakeholders in reviewing, updating, evaluating, and supporting the Local School Wellness Policy specifically as it relates to physical activity and nutrition for students and staff.</p> <p>2. The Wellness Programs and Services office directs health/nursing services, school emergency response/safety, and supports all aspects of the WSCC.</p> <p>3. The <a href="#">WSCC</a> approach engages all components of the Coordinated School Health Model to address health and academic outcomes among school-age youth.</p> <p>4. Kathy shared that Food Services is self-sustaining; they do not receive district dollars. Kathy shared the committee meets a minimum of 4 times / year. We are looking for more members (18-20), that engage and reflect our entire community. Please invite people that may be interested, including students. Kathy suggested students could serve on the community and earn Service Learning time. Lisa Freeman suggested that students at BHS and JBHS who are members of the Medical Academy students would make a good addition to the committee. She said she will get the word out to both schools.</p> <p>5. Kathy asked that the committee review current Board Policy and stated that she will email all committee members her draft recommendation of the policy she has created to seek input. Kathy will also be taking this draft to the January 30<sup>th</sup> cabinet meeting for a read through. Johanna suggested members review both the “<a href="#">Alliance for a Healthier Generation</a>” and the “<a href="#">School Health Index</a>” tools to determine which would be a better fit to assess our current status using the WSCC approach.</p> <p>6. February the CA Dept. of Ed (CDE) will be auditing Burbank USD to assess its progress on meeting or exceeding the goals in the Wellness Policy. Kathy shared that by our March meeting we should have the results of the audit.</p> <p>7. It was noted students don’t want the “healthy” choices. Good nutrition starts with education for students and parents. If healthy choices are not offered at</p>
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<p>8. Schedule for Upcoming Meetings - Collaborations</p> <p>9. Questions, Concerns, Future Agenda Topics</p> <p>Meeting Dates:  February: Wednesday February 21, 2018 at 3:30 pm.    Wednesday, March 28, 2018 at 3:30 pm    Wednesday, April 25, 2018 3:30 pm    Wednesday, May 23, 2018 at 3:30 pm    Location:TBD</p>	<p>home, the student is unlikely to make healthy choices elsewhere. Johanna emphasized the importance of student and parent health education and physical education that emphasizes health fitness. Sharon shared the district’s Secondary PE component is really strong. Implementing nutrition education in middle and elementary level is a challenge. Health and PE materials were available at the meeting for review.</p> <p>8. February appears to be a very busy month for most committee members. Johanna suggested having a short conference call instead of a full February meeting is an option. Johanna will suggest some possible meeting dates and conference call dates to determine what works best. Kathy added that communicating electronically will be ongoing.</p> <p>Kathy has tentatively scheduled future Wellness (PAN) meetings for: March 28, April 25, May 23 at 3:30 pm. The location is to be determined.</p> <p>9. Alli McKain emphasized the importance of making education relatable. When instruction connects students to real life experiences they are more engaged.</p>
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