



**Burbank Unified School District
Physical Activity and Nutrition (PAN) Committee
February 26, 2019 Meeting Minutes**

AGENDA	NOTES
<p>1. Update from Richere Aleman on School Health Index at Stevenson ES</p> <p>2. Update from Kathy Sessinghaus on Nutrition Assessment</p> <p>3. K-12 Nutrition Education and Physical Education Update</p> <p>4. California Department of Education resource for nutrition education and physical activity during the day resources</p> <p>5. Other Updates</p> <p>Our next PAN Meeting is Monday, March 25, 3:30pm-4:30pm BUSD Wellness Department @ JBHS Room 8102</p>	<p>In attendance: Lori D., Kathy S., Johanna C., Debbie W.</p> <p>1. Discussion tabled until the March 25, 2019 meeting</p> <p>2. Kathy reviewed the scoring results of our CDE Assessment Planning Tool for School Nutrition:</p> <ul style="list-style-type: none">• Design Principle 1 Governance and Policy: 8/10• Design Principle 2: Stakeholder Involvement: 18/25• Design Principle 3: Student Involvement: 7/20• Design Principle 4: Nutrition Education 25/40• Design Principle 5: Access and Participation 20/20• Design Principle 6: Healthy School Environment 24/25• Design Principle 7: Funding 1/10• Design Principle 8: Professional Development 7/15• Design Principle 9: Continuous Monitoring and Accountability 10/15 <p>The committee discussed the results and recognized success is seen in some but not all areas. The committee discussed using the results of this assessment along with the School Health Index results from Stevenson https://nccd.cdc.gov/DASH_SHI/default/SHIHome.aspx?NoSHI=0 to make recommendations to the district for 2019-2020.</p> <p>3. Johanna shared that 6th grade Science and P.E. teachers met to develop integrated nutrition education lessons focusing on Body Comp., BMI, Nutrients, Calorie Assessment, and “My Fitness Pal”. At this time, it appears that Nutrition Education in Elementary Education is teacher led rather than integrated into the program of study. Physical education and physical activity minutes follow state mandated guidelines.</p> <p>4. CDE resources for nutrition education and physical activity during the school day were shared. Lori suggested incorporating organized physical activity at the elementary level before school starts for those students who arrive to school early.</p> <p>5. As the work of this committee is guided by the federal Wellness Policy and Board policy, the committee discussed providing a series of recommendations to the district for 2019-2020.</p>