



Student Health & Wellness Committee First Meeting Agenda

March 23, 2023

1:00 to 2:30 PM

North High School (BOE Meeting Room)

Attendees: Stephanie Anderson, Fabián Armendariz, Jennifer Coats, Alexa Ornelas, David Paul, Greg Stoskopf, Patty Stuever, Ailen Tejada, Stephanie Wasko, Jonathan Wyss and Holly Yeger

- I. Grounding Circle
Introductions, name, department you represent and what your favorite thing over Spring Break was??
- II. North High Welcome – Principal Stephanie Wasko
Stephanie welcomed the committee and gave details of the building.
- III. Special Topic: North High Bio-Med Program Overview
Alexa Ornelas and Ailen Tejada are students who recently joined the committee, they were chosen by their Bio-Med Teacher, Brittini Mayagoitia.
North High's Bio-Med program is an advanced level science program that prepares students for the demands of college and/or a medical career. The teachers push them to excel and be the best they can be. All WPS High Schools students are eligible to complete an application, requirements include currently in honor/AP classes.

Alexa and Ailen shared they currently dissecting and learning about movements of muscles; Bio-Med is the science in medical, to find the diagnosis and cure for illnesses.

Students who are in the program have the opportunity to earn certifications such as EMT, CNA, Phlebotomy, etc.
- IV. WPS Health Related Updates (*5-10 minutes each*)
 - a. Physical Education Instruction
 - i. Elementary – Diane Smith *Absent*
 - ii. Secondary – Rebekah Winter *Absent*
 - b. Health – Kimber Kasitz *Absent*
 - c. Nutrition Services – David Paul
62 Summer Program Sites (Schools, Boys & Girls Club, various Churches).

We are in the process of moving cooking on site at to Satellite Schools. CMA was the first site we did.

USDA is trying to revamp School Nutrition Standards by putting limitations on Added Sugars, currently there is no limit in the school meal programs, if the proposal is approved, we will no longer be able to provide pop-tarts, cereal, donuts, flavored milks, etc. This will have a great impact on Breakfast in the Classroom and Second Chance Breakfast.

Stephanie Wasko and Greg Stoskopf talk about the success of Second Chance Breakfast and Breakfast in the classroom. These programs have increased students eating and building relationships with peers and teachers.

Nutrition Services is also looking to update their Back of the House software (manages stock, inventory, procurement, etc.) Also known as BOH behind the scenes.

In the process of installing a 13,000 square feet cooler in the Food Production Warehouse. We are also remodeling some of our elementary kitchens Stanley, Colvin and College Hill.

- d. Mental Health – Dr. Holly Yager & Stephanie Anderson
Student Connect Hotline was created in September, with support staff manning the phones from 2:30 pm – 8:30 pm 5 days a week. They have received several calls with one ending in calling 911.

They have posters promoting Student Connect and last December an update was done with a media push to parents, staff and students. Website now offers resources for anyone there to use. However, Holly and Stephanie don't feel they are reaching enough people and wanted input from Alexa and Ailen.

The website opens on every secondary students tablet, but Alexa and Ailen shared they don't think a lot of kids know what the website is about therefore ignore it. Suggestion of various YouTube/TicTok videos, text messages and TEAMS documents could increase awareness of the website.

Mental Health Matters website <https://www.usd259.org/mentalhealth> offers information and resources on bullying, dealing with grief, family crisis helpline, how to support your student, LGBTQ+ community, suicide awareness and prevention just to name a few.

Paper resources are available in bi-lingual. Fabián suggested reach out to Romy Vargas, she has a strong social media connect with the Latino/Hispanic community.

- V. Next Year's Format
Due to time, this item was tabled until our next meeting.
- VI. Next Meeting: May 9, 2023 – SSC
Our next meeting will be at SSC, from 10:00 – 11:30, we will tour Food Productions during this meeting. Alexa and Ailen, please let Jennifer know if the date and/or time doesn't work for you or if you need transportation to SSC.
- VII. 2023-24 Goal Setting – Next Meeting
- VIII. Open Agenda *None*
- IX. Closing
Thank-you Stephanie for hosting us! Welcome Alexa and Ailen, we look forward to collaborating with you.

