

September 21, 2010

A. The Board Study Session meeting of the Bellevue Union School District Board of Trustees was called to order at 6:00 P.M. by Trustee Lisa Reyes, at the Bellevue Elementary School Multipurpose Room.

B. MEMBERS PRESENT: Yvonne L. Kennedy, Lisa Reyes, Kathy Mullins, Debra Mills, and Tony Roehrick, Secretary to the Board.

MEMBERS ABSENT: Carol Montoya

LATE ARRIVALS: None.

EARLY DEPARTURES: None.

OTHERS PRESENT None.

NEXT REGULAR BOARD MEETING: The next regular Board meeting will be held on Tuesday, October 19, 2010, at 6:00 P.M., Taylor Mountain Elementary School, Multipurpose Room.

C. PUBLIC INPUT No Public Comment

D. BOARD STUDY SESSION DISCUSSION NOTES – See Attached.

Respectfully submitted,



Tony Roehrick, Ed.D.  
Secretary to the Board and  
District Superintendent

O.K.: Kathleen A. Mullins

Date: 10/19/10

Adjournment Time: 7:10 P.M.

Bellevue Union School District  
Board Study Session Notes: Wellness Policy  
September 21, 2010

**What aspects of our implementation of our Wellness Policy are working well?**

1. Breakfast and Lunch Programs
  - a. Breakfast and Lunch programs provide nutritionally balanced meals.
  - b. Salad bars provide fresh vegetables.
  - c. Second Chance Breakfast increases student opportunities to access breakfast.
  - d. Fresh Fruits and Vegetables program offers students at Kawana and Taylor Mountain opportunities to access more fresh food beyond our traditional food service programs.
  - e. Schools scheduling lunch recess first, then lunch allows students to focus on eating rather anticipating recess.
2. District Programs
  - a. Our Wellness Policy provides clear guidance to promoting a healthy lifestyle and was developed with broad community support.
  - b. Our policies on allergies and other medical related issues provide clear guidance on how to ensure the safety of affected students.
  - c. Our Wellness Festival provides a focus for promoting healthy living and links valuable resources to our community.
  - d. Our Wellness Committee is active and members are committed to promoting healthy life style choices for students.
3. Community Programs
  - a. Safe Routes to School has or will increase the number of students who walk or bike to school.
  - b. HEAL provides resources and links to greater community resources.

**What aspects of our implementation of our Wellness Policy of concern?**

1. Parties, Fundraisers, and Student Stores
  - a. Non-nutritious or unhealthy food is provided at classroom parties, through fundraisers, and at student stores.
  - b. Food is often offered as a reward or incentive for classroom and school functions.
  - c. Fundraisers include the sale of unhealthy food.
  - d. Some teachers don't adhere to our Wellness Policy because they don't see any repercussions for not doing so.
2. Breakfast/Lunch Program
  - a. Not all students have adequate time to eat their lunch.
3. Parent Education
  - a. We are not providing adequate educational opportunities for parents concerning healthy lifestyle choices.
4. Physical Activity
  - a. Students do not have enough opportunity to engage in physical activity.

5. Safety
  - a. The lack of sidewalks on Primrose Avenue make it unsafe for students to walk or ride bicycles to Bellevue School.
  - b. Do the appropriate staff have knowledge of students with severe allergies or other health issues and know how to respond to an emergency?

### **What are the Board's expectations for how the District implements our Wellness Policy?**

1. Parties, Fundraisers, and Student Stores
  - a. Food consumed during all classroom parties is appropriate as defined by our Wellness Policy.
  - b. Food is not provided as a reward or incentive for classroom or school activities.
  - c. Fundraisers involving food products adhere to our Wellness Policy.
  - d. Study the issue of fundraisers to identify options what work best within our community.
  - e. All food items sold by student stores are consistent with our Wellness Policy.
  - f. Principals monitor each aspect of this section to ensure full compliance.
2. Breakfast/Lunch Program
  - a. Principals monitor breakfast and lunch schedules to ensure students have adequate time to eat.
3. Parent Education
  - a. Provide parents with lists of healthy alternatives for classroom parties.
  - b. Work with HEAL to provide educational opportunities for parents.
4. Physical Activity
  - a. Link fundraisers to physical activity such as walk-a-thons.
  - b. Study strategies to increase non-competitive opportunities for students to engage in physical activity.
5. Safety
  - a. Work with Safe Routes to School to improve access for walkers and bicycle riders to all campuses.
  - b. Principals work with the school nurse to ensure all appropriate staff have knowledge of students with severe allergies and medical conditions and are adequately prepared to respond in an emergency.

### **What are our next steps?**

1. Review this document and our Wellness Policy with principals at the administrative team meeting on Thursday, September 23.
2. Principals review this document and our Wellness Policy with their staffs during October 2010. The following aspects of our Wellness Policy will be immediately and consistently adhered to:
  - a. Parties, Fundraisers, and Student Stores
    - i. Food consumed during all classroom parties is appropriate as defined by our Wellness Policy.
    - ii. Food is not provided as a reward or incentive for classroom or school activities.
    - iii. Fundraisers involving food products adhere to our Wellness Policy.

- iv. All food items sold by student stores are consistent with our Wellness Policy.
    - v. Principals monitor each aspect of this section to ensure full compliance.
  - b. Breakfast/Lunch Program
    - i. Principals monitor breakfast and lunch schedules to ensure students have adequate time to eat.
  - c. Parent Education
    - i. Provide parents with lists of healthy alternatives for classroom parties.
  - d. Safety
    - i. Principals work with the school nurse to ensure all appropriate staff have knowledge of students with severe allergies and medical conditions and are adequately prepared to respond in an emergency.
- 3. The Wellness Committee will develop a response plan to implement the following directives set by the Board. This plan will be presented to the Board on December 14, 2010.
  - a. Parties, Fundraisers, and Student Stores
    - i. Study the issue of fundraisers to identify options what work best within our community.
    - ii. Develop a communication plan to ensure staff members are aware of and adhere to the requirements of our Wellness Policy.
  - b. Parent Education
    - i. Develop strategies and recommendations for our work with HEAL to provide educational opportunities for parents.
  - c. Physical Activity
    - i. Develop strategies to link fundraisers to physical activity such as walk-a-thons.
    - ii. Study strategies to increase non-competitive opportunities for students to engage in physical activity.
  - d. Safety
    - i. Develop strategies and recommendations for our work with Safe Routes to School to improve access for walkers and bicycle riders to all campuses.