

Wellness Committee Meeting Notes

Date: October 2, 2026

Next Meeting: November 2, 2026, at 9:00 AM

Nutrition Updates

California Crunch Day

- Wednesday, October 7 is California Crunch Day, celebrating local farmers and California-grown foods.
- Committee members will visit school sites to participate in California Crunch activities with students and staff.
- Photos will be taken at the sites and shared to highlight participation across the district.

National School Lunch Week

- October 12–16 is National School Lunch Week.
- Goodies will be provided to students who stop in for lunch at the elementary schools as part of the celebration.

Lemon Crest Kitchen Remodel

- The district is aiming to hold the Lemon Crest Kitchen Grand Opening on November 9 at 9:00 AM, provided the remodel stays on schedule.
- Invitations will be sent out once the date is confirmed.

Farmers Market / Wellness Event

- The Farmers Market is being planned for April 16.
- Possible locations include:
 - Lakeside Farms
 - Lindo Park
- Additional time should be built into the schedule for younger students, as it takes longer to move them in and out of the event.
- John will serve as the MC for the event.
- A \$1,000 budget has been provided for the Wellness Committee Farmers Market event.
- Jen will update the student and parent letters.

Student Health & Wellness

Eyeglass Event

- Lindo Park has an upcoming eyeglass event led by Serena, the District Nurse.
- The Wellness Committee is willing to provide support as needed.
- The event is district-wide, and all students who qualify are eligible to participate.
- Once all student appointments/slots are filled, qualifying uninsured staff members will be offered available openings.

Staff Wellness

Kaiser Permanente Wellness Event

- Staff members were invited to represent the district at an event with Kaiser Permanente focused on health, wellness, and the connection between attendance and a sense of safety and belonging among students and staff.
- A key discussion point was that when students and staff feel safe, supported, and that they belong, they are more likely to attend school and work.
- The district was given the opportunity to apply for a \$75,000 staff wellness grant.
- The grant application has been submitted, and the district is anticipating a positive outcome.

Evernorth

- Evernorth offers a program designed to help staff with workplace stress.
- The program is available to all staff members.

Healthy Kids Survey

- The Healthy Kids Survey is currently open.
- Committee members are encouraged to remind parents and students in 5th and 7th grades to participate.
- The survey takes approximately 10 minutes to complete.
- The district uses the collected data to assess the needs of school sites, students, families, and staff and to help identify areas for wellness improvement.
- Additional questions have been included this year to better assess the needs of students and families with special needs.
- In February, the Wellness Committee can review some of the survey data and discuss how it can be used to establish goals for school sites and identify areas for improvement.

District Wellness & Program Highlights

- Reach out to the cooks to create a short video highlighting the district as a whole and the additional opportunities and services available at school sites.
- The video could highlight:
 - Nutrition programs
 - After-school programs
 - Clubs
 - Other opportunities and resources available to students and families

Action Items

- Committee members: Participate in California Crunch Day site visits on October 7 and capture photos.
- Nutrition team: Prepare goodies for National School Lunch Week.
- District/Facilities: Continue working toward the November 9 Lemon Crest Kitchen Grand Opening.
- John: Serve as MC for the Farmers Market event.
- Jen: Update student and parent letters for the Farmers Market.
- Serena: Lead the district-wide eyeglass event.
- Wellness Committee: Support the eyeglass event as needed.
- Committee members: Encourage 5th- and 7th-grade students and parents to complete the Healthy Kids Survey.
- Committee: Explore creation of a short district wellness/programs video featuring cooks, nutrition, after-school programs, clubs, and other student opportunities.

Next Meeting

Monday, November 2, 2026, at 9:00 AM