



**Goleta Union School District  
Wellness Committee Minutes  
January 22, 2020  
Room 8, Goleta Union School District  
3:15 – 4:30PM**

**1. Welcome and Introductions**

*Members in attendance:* Kim Bruzzese (Instructional Services Director), Julia Bottiani (Ellwood), Cindy Chou (Food Services Intern), Jessenia Castaneda (El Camino), Lisa Embury (Brandon), Susan Epstein (Board Member), Claudia Hamers (Kellogg), Joanna Lauer (Mountain View Principal), Sookie LeMahieu (La Patera), Kim Leung (Food Services Director), Carly Schmiess (Hollister), and Lisa Wilcher (Foothill).

Lisa Wilcher moved to approve the November minutes. Joanna Lauer seconded the motion. The minutes were approved.

**2. Wellness Survey**

Districts are expected to evaluate their current wellness policies through a self-evaluation tool. After Kim Bruzzese and Kim Leung used the WellSAT evaluation tool to review GUSD's current board policy, eight, federally-mandated areas were non-compliant. Committee members were given a summary of the findings. Two of the eight findings are being conducted currently but are not mentioned in the policy language and can be easily added. The remaining six items are areas that the committee discussed as challenges in our November 2019 meeting. Specifically, fundraising practices involving the marketing of food sales/events in addition to after school food sales that do not currently meet the Smart Snack or USDA requirements being held within thirty minutes of dismissal are challenging.

The committee discussed next steps. Kim Bruzzese suggested a sub-committee to create a short google form survey for principals to complete to evaluate their site's current practices in regards to the WellSAT findings. Interested members were asked to star their name and would meet with the directors to create a survey that would be shared at the April 22<sup>nd</sup> meeting. State and federal entities require districts to update and share their wellness policies once every two years. GUSD revised their policy in June 2019 and has time to research, update and implement before our next review.

### **3. Mindfulness - Guest Speaker, Peggy Grossman**

Retired GUSD school psychologist shared her passion and role in bring the “Inner Explorer” curriculum to GUSD. She shared a short video to introduce the program that benefits all ages. The four final schools (El Camino, Ellwood, La Patera and Mountain View) are schedule start accessing the program within the next weeks. A license for the whole school is \$1,000 for 12 months. Educators and families can access lessons with strategies. Teachers, Carly Schmiess and Lisa Embury, shared their students’ desire to participate in the program. Peggy described the importance of learning about the brain, specifically the amygdala’s response to stressful situations and the impact it has on sleep patterns and day-to-day functioning. Pre and post surveys results in both Carly’s and Lisa’s classes showed positive changes in behaviors after completing the program. Teachers also participated alongside with students and benefited as well.

### **4. Updates/GUSD Happenings in our Food Program, Food Services Director, Kim Leung**

Kim Leung introduced her dietetic intern Cindy and shared updates in the Food Services department:

- GUSD Health Fair is 9:30-12:00 on February 4 & 5 in the board room. Please drop by.
- The second installment of her DISH magazine was shared with members.
- All schools switched to Dominoes Pizza due to an increase price from other vendors. Dominos provides whole grain crusts, reduced sodium and reduced fat cheese products.
- Explained that she is a future GUSD mom and that as a dietician healthy meals are important to her as a parent. She shared additional updates to the salad bar and scratch-based meals over the past three years.
- She reminded committee that scratch-based meals require specific calculations to meet strict USDA regulations.
- Cindy and Kim continue to provide nutrition education and GUSD kitchen tours.
- Substitute food service workers continue to be needed. Please help spread the word.
- Current food services secretary is moving out of the area. Job search for bilingual secretary is on. Check the GUSD website for application information.
- Piloting bulk condiments at one site to limit single size servings and waste.
- Informed committee that GUSD provides lunch to Montessori Center students as well.
- Compostable trays continue to be used at Ellwood and Kellogg until dishwashers are fixed and all sites on pizza Fridays.
- Sustainability programs are in place at each site with large yellow bins, with some schools taking it further with help from older students and parents.

In addition to the upcoming fifth grade health fair, fifth graders will be starting their state physical fitness testing between February 3 and April 16.

The meeting was adjourned at 4:20PM.

The next meeting was scheduled for April 22, 2020 and has been cancelled due to COVID-19 shelter in place precautions.