



Restoring America's Heritage by Developing Servant Leaders

Health & Wellness Committee Meeting

Minutes

March 24, 2026



Intercampus School Health and Wellness Committee:

Chair – Tammy Scott, Academic Services

1. Health Services: Megan Schneider, Nurse
2. Nutrition Environment: Meloni Luck (Central Kitchen)
3. Counseling, Psychological, and Social Services
 - a. Elementary: TBD
 - b. Middle School: Terri Franz, Roseville
 - c. High School: Humberto Ramirez, El Dorado Hills
4. Physical Environment: TBD
5. Employee Wellness: Rachael Godshall, Lincoln
6. Family Engagement: Parent Service Organization
7. Community Involvement: Carlos Yniguez, Academic Services
8. Health Education: Tammy Scott, Academic Services
9. Physical Education: Travis Miskell, Lincoln
10. Physical Activity: Allie Tafoya, Roseville/Lincoln
11. Social & Emotional Climate: Heather McCarthy, Lincoln

School Wellness Committee (SWC) Meeting Summary & Compliance Update

Purpose: In alignment with the Local School Wellness Policy requirements, this summary documents the annual review of wellness goals, stakeholder input, and areas for continuous improvement. This information is shared publicly to ensure transparency, accountability, and community engagement.

1. Review of Current School Health & Wellness Policy

The committee conducted a comprehensive review of the current School Health & Wellness Plan to ensure alignment with federal and state requirements, including nutrition standards, physical activity, and social-emotional wellness supports.

- The SWC confirmed that the current plan meets the requirement to convene at least twice annually.
- Current ParentSquare Wellness Group participation: 286 members, demonstrating active stakeholder engagement.

- Committee members introduced themselves and shared strengths aligned to the Intersectionality Wellness Wheel, supporting a whole-child, whole-community approach.

Compliance Emphasis:

- Continued documentation of stakeholder participation and meeting frequency remains essential for audit readiness.
 - Increased outreach is recommended to ensure broader representation of families and staff in wellness planning.
-

2. Stakeholder Input & Areas for Policy Enhancement

A. Employee Wellness (Priority Area for Strengthening)

The committee identified employee wellness as a critical component of a sustainable school environment and an area requiring stronger inclusion within the formal Wellness Policy.

Current Practices Identified:

- Staff connection opportunities (exercise activities, luncheons, game nights)
- Site-level wellness committees
- Encouragement of outdoor activity (walking routes, fresh air breaks)

Expanded Strategies Discussed:

- Development of a School Wellness Advancement Team (SWAT) to lead and sustain staff wellness initiatives
- Structured community-building events (e.g., themed potlucks, quarterly gatherings with strong participation through ParentSquare)
- Increased collaboration with PSO to strengthen staff connection and appreciation

Compliance Emphasis:

- The Wellness Policy should explicitly include employee wellness goals, implementation strategies, and responsible parties
 - Monitoring staff engagement and impact should be incorporated into annual review processes
-

B. Social-Emotional Wellness Systems

The committee reviewed current systems of support for scholars, staff, and families.

Key Discussion Points:

- Counseling departments provide essential services but alone have limited capacity
- Leadership teams (Principals, Vice Principals, Academic Deans, Nurses, Counselors, Coordinators, Safety Supervisors) continue to meet regularly to assess and respond to needs

Recommendations:

- Expand the responsibility of social-emotional wellness to all staff through training and shared ownership
- Strengthen implementation of initiatives such as SEAL (Seeing Everyone Actively Loved)
- Revise policy language to reflect a Multi-Tiered System of Supports (MTSS) approach

Compliance Emphasis:

- Clearly define roles and responsibilities across staff to demonstrate a coordinated system of support
 - Document training and implementation of social-emotional practices across campus
-

C. Family & Community Engagement

The committee discussed strategies to increase meaningful family engagement and participation.

Opportunities Identified:

- Increased involvement in school events (e.g., Revolution Run, McTeacher Night)
- Transitioning from passive participation to intentional relationship-building opportunities

Action Steps:

- Expand communication through newsletters and ParentSquare
- Invite family input into wellness initiatives and policy updates

Compliance Emphasis:

- Ongoing, two-way communication with families must be documented
 - Wellness Policy updates should reflect stakeholder input, including families and community members
-

D. Expanded Learning & Scholar Support

The committee reviewed Expanded Learning (EXL) supports, particularly for foster youth, homeless, and low-income scholars.

Key Findings:

- Scholars remaining on campus until 6:00 PM require structured supervision and engagement
- Expanded Learning staff provide essential support for scholar safety and enrichment

Recommendations:

- Explore grant opportunities to expand middle school programming
- Develop mentoring opportunities (secondary scholars supporting elementary scholars)
- Identify and address barriers to participation, including transportation and awareness

Compliance Emphasis:

- Ensure equitable access to Expanded Learning opportunities for unduplicated pupil populations
 - Document services and outreach efforts to demonstrate compliance with equity requirements
-

E. Physical Activity & School Structure

- As a commuter school, access to consistent physical activity during the school day presents challenges

Recommendations:

- Increase structured opportunities for scholar movement throughout the day
- Encourage integration of physical activity into daily routines

Compliance Emphasis:

- The Wellness Policy should clearly outline how physical activity requirements are met despite structural challenges
 - Ongoing evaluation of implementation is recommended
-

F. Nutrition Compliance & Education

The committee reviewed adherence to USDA nutrition standards and competitive food regulations.

Key Compliance Areas:

- Reduction of sugar content (target: ≤ 8 grams per item)
- Monitoring classroom food practices to align with Smart Snack standards

Recommendations:

- Provide staff training on approved food and beverage guidelines
- Review and update food offerings (bread, cereals, yogurt)
- Increase family education on nutrition expectations

Compliance Emphasis:

- Consistent monitoring of food and beverage compliance across all school environments, including classrooms
 - Documentation of staff training and communication to families is required
-

3. Updates to Language in Current Policy

- Maintain use of “**School Food Authority (SFA)**” terminology within the Nutrition section
- Revise introductory language for clarity and consistency

Compliance Emphasis:

- Ensure all terminology aligns with federal guidelines and is consistently applied throughout the policy
-

4. Monthly Wellness Communication Plan

To support ongoing education and engagement:

- **April:** Physical Fitness
- **May:** Health Services
- **June:** Family Engagement
- **July:** No publication
- **August:** Nutrition

Compliance Emphasis:

- Regular communication supports transparency and demonstrates active implementation of the Wellness Policy

5. Action Items

- Update ParentSquare group for Health Education & Promotion
 - Share revised School Wellness Plan with committee members for feedback
 - Review and incorporate tools from the **Centers for Disease Control and Prevention School Health Index (SHI)** to guide continuous improvement
-

6. 2026–2027 Meeting Schedule (Publicly Accessible)

To ensure continued compliance and stakeholder involvement, quarterly meetings will be held via Zoom:

- August 18, 2026 @ 10:00 AM
- November 10, 2026 @ 10:00 AM
- February 9, 2027 @ 10:00 AM
- May 11, 2027 @ 10:00 AM

Meeting links will be shared via ParentSquare.

Additional Details:

- What areas in our current School Health and Wellness Plan may need revision?

- **How can we add more focus on Employee Wellness?**

Employee morale and burnout is evident across education. What is being implemented and working well on campuses?

- Exercise classes, staff game nights, luncheons for connection
- Spend time in the fresh air, use local walking trails on breaks
 - Post on Breakroom Board laminated walks with distance, and time
 - Find a walking partner during lunch break
- Site-level wellness committees are going well
- Consider a School Wellness Advancement Team (SWAT)
 - Potlucks (Friday @ 1:30) has built staff community
 - Event is posted on ParentSquare with full signups
 - Theme-focused with flyer and emails sent out
 - Superbowl
 - Summer BBQ
 - Quarterly

- Add Social-Emotional Support through “Seeing Everyone Actively Loved” (SEAL team)
 - Changes from Staff Appreciation to Staff Connection
 - Gratitude for PSO
 - Connect staff member with PSO to bring connection
 - **How can we increase volunteerism and fundraiser support to build community amongst staff?**
 - Revolution Run
 - McTeacher Night
 - Luncheons to find ways to build community instead of drop-in open house style
 - Plan currently is focused on scholar food nutrition
 - Are we meeting the supports in the Social-Emotional Wellness in the statement, “*counseling department is supporting staff, scholars, and families...*” to a broader inclusion of ALL responsible. Can we update by:
 - Add providing training to all staff to support the net of support
 - Recommendation to change wording
- Counseling Office supports many but feel limited in bandwidth to offering support to as many as need it.
 - Principals, Vice Principals, Academic Deans, Nurses, HS Counselors, 504/SST Coordinators, Safety Supervisors meet at least monthly and discuss needs for staff and scholars’ support
 - These teams are adding great support to support and implement staff and scholars through collaboration.
- Expanded Learning (EXL) Supports for Foster/Homeless/Low-Income
 - Potential Grant proposal for families in the middle school space during before and after school hours.
 - Scholars not getting picked up until sometimes 6 PM without supervision
 - Expanded Learning staff on campus until 6 PM are a great resource to assist with scholars and safety concerns.
 - Secondary Mentoring Elementary Scholars
 - What barriers are keeping us from implementation of programs
 - Look into volunteerism
- Physical Exercise Concerns with being a commuter-school
 - Affects wellness of scholars
- Nutritional Components
 - USDA Upgrades for nutrition
 - Low Sugar (8 grams)
 - Evaluate Bread, cereals, yogurts
 - Competitive Food & Beverages
 - Classroom “non-approved foods”
 - Educate staff for smart snack lists for upcoming year
 - Community Outreach to parents can increase

- Input on Wellness Newsletter Updates/departments
- School Wellness Policy Revisions
 - SFA = School Food Authority term to remain in Nutrition Section
 - Change SFA from the first paragraph

Monthly Themes/Assignments for Newsletter Message

- April: Physical Fitness – Travis Miskell
- May: Health Services – Megan
- June: Family Engagement - Tammy
- July: Off
- August: Nutrition – Meloni

Action Item:

- Tammy to update ParentSquare group for Health Education & Promotion
- Tammy to submit committee Revisions of the School Wellness Plan
- Review Resource Links to School Health Index for Assessing and Improving School Health from the CDC. [School Health Index \(SHI\) | Assessing and Improving School Health | CDC](#)
- SY 2026-27 we will meet over Zoom quarterly & link will be shared with Parent Square Group
 - Tuesday, August 18, 2026 @ 10 AM
 - Tuesday, March 24, 2026 @ 10 AM
 - Tuesday, November 10, 2026 @ 10 AM
 - Tuesday, February 9, 2027 @ 10 AM
 - Tuesday, May 11, 2027 @ 10 AM