



*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.

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### **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.
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## **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
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### **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

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**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

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**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
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**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
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**F. Nutrition Compliance & Education**

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

### **Key Compliance Areas:**

- Reduction of sugar content (target:  $\leq 8$  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
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## **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
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## **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
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## 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.