



Kinetic Academy Wellness Committee  
2022-23

February 28, 2023

Agenda Minutes:

1. Sign-In & Committee Introductions
  - a. LSC committee and Food Services Director, April Cruz
2. Purpose of Wellness Committee
  - a. will meet at least 4x a year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and review and updates on our district-level wellness policy.
  - b. oversee the wellness of students
  - c. ensure students have access to healthy nutrition
3. Assign note-taker role
4. Review Wellness Policy
  - a. School Wellness Committee
  - b. Implementation Plan
    - i. New policy to monitor wellness across our school, accountability, and engage community
    - ii. recordkeeping
    - iii. annual progress reports
    - iv. revisions and updating the policy at least every three years following the triennial assessment

v. community involvement, outreach, and communications

c. Nutrition

- i. commitment to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; and to meet the nutrition needs of children within their calorie requirements
- ii. eating a variety of different food choices
- iii. choices, limiting sugars, importance of water consumption
- iv. promote non-food celebrations and parties, when at all possible

d. Physical Activity

- i. children and adolescents should participate in 60 min of physical activity every day (includes PE, in-class movement, recess, lunch, and after school activities).
  - ii. State mandates 50 min per week and our KA students are getting 90 min a week.
- e. Promote additional resources for families and staff to participate in wellness activities to model to our students

5. Discuss student feedback

- a. student dissatisfaction in meal options, taste, and quality

6. Set date for next meeting

- a. One of the last LSC meetings of the year

7. Next Steps:

- a. Scan today's sign-in, notes, and next meeting date to School Food Solutions
- b. Post today's agenda and notes to website