



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