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| **NUTRITION & PHYSICAL ACTIVITY TASKFORCE**  *Meeting Summary* | | | |
| **Date** | **7.11.24** | | |
| **Type of Meeting** | General Coalition Meeting - School Wellness Focus | | |
| **Attendees** | Sadie Gastelum, Marissa Flanders, Samara Moschiano, Jenna McCarthy (Community Service Solutions/CalFresh Healthy Living)**;** Colleen Moxley (Mono County School Nurse); Kendra Knight (Mammoth Disposal); Bre Stillman (AES PTO); Dustin Blakey (UC Cooperative Extension); Stephanie Riley Stai (Mono County WIC Director); Margee Neer (Public Health Nurse); Jen McMahon (Mammoth Hospital PT/Elevate) | | |
| **Recorder** | Sadie Gastelum |  | |
| **TOPIC** | **DISCUSSION** | **ACTION or F/U** | **WHO** |
| **Mono County Schools - current wellness practices, 2024-2025 School Year Desired Services/Wellness Goals** | Bre Stillman (AES PTO President) - Being a very active and appreciated parent at Antelope Elementary School, Bre was asked to have a role in the Parent Teacher Organization. “Fun Day” is a school event she recalled happening last year for her own children and Jenna shared that in the past we have been able to offer a Rethink Your Drink for the students playing outside all day.  Colleen Moxley (School Nurse)- MUSD has a school wellness committee, which Colleen takes a leading role on, and has helped MUSD’s three schools feel more cohesive. In past years, she has revised the MUSD School Wellness Policy. She explained that a school wellness policy is required for schools that participate in the Free and Reduced Price Meal program, and the four criteria for a school wellness policy are 1) Nutrition Education 2) Nutrition Promotion 3) Physical Education 4) Other Wellness Programs. As a school nurse, Colleen covers ages from 3 to 22 years old. The school wellness committee also has a garden subcommittee, which Kendra Knight leads. Kendra has provided several hydroponic towers to MES, MMS, and MHS. Colleen will be talking with Heidi Torix (ESUSD Supt) about ESUSD schools and goals this year. Lastly, most of the schools throughout the county are using the CATCH PE program. |  |  |
| **Community Organizations - current and potential services** | Dustin Blakey (UCCE) - He helps coordinate and assist 4H among other agriculture and gardening projects. They have not yet been able to incorporate a lot of nutrition education (nutrition advisor works out of Bakersfield), but he would be happy to help with school enrichment within Mono County especially as it relates to agriculture. He explained that they typically do Group Enrollment which means that if others are responsible for the students then they are able to show up and provide content and education, but if childcare is necessary then funding is necessary for them to attend and teach. He is also able to bring along Master Gardeners or Master Food Preservers to these events. He shared they can come to any Mono County school, weather-dependent, which makes AES and BES difficult during the winter. They can also provide agriculture/gardening curriculum.  Stephanie Riley Stai (WIC) - She works with the 0-5 population and pregnant women, but expressed that it is helpful to know about what is going on in the schools, so that she is able to refer the parents she works with.  Margee Neer (Public Health)- She is interested in collaborating with CSS and having an Oral Health Assembly and providing a Rethink Your Drink. There is a new community health outreach specialist based in Bridgeport. Margee has aspirations of starting a Peer Wellness Group with Coleville High School and Lee Vining High School to help promote nutrition, physical activity, and substance abuse prevention. Margee aided in garden revitalization with the help of the Master Gardeners. She plans to do Oral Health Assessments at the schools for untreated tooth decay. There may be an opportunity to provide garden funding to Mono County schools.  Kendra Knight (Mammoth Disposal) - Through CalRecycle grants, she has provided 7 hydroponic garden towers to Mammoth schools (4@MES, 1@MMS, 2@MHS). She is working to help Mammoth Elementary get a greenhouse on wheels that can be sheltered properly during winter, and she shared pictures of the greenhouse options and the students and their produce.  Jen McMahon (Mammoth Hospital/Elevate)- She previously has held a CPR Class for teachers and coaches and does athletic training work in Mammoth and Bishop. She is interested in more school involvement to teach students and teachers the importance of a healthy lifestyle, including mindfulness. At this time, services would be offered to Mammoth schools.  Jenna McCarthy (CalFresh Healthy Living/Community Service Solutions)- Jenna shared all of the different areas that Calfresh can offer support to schools, these being: 1)School Wellness Policy 2) Garden Funding, currently contracting with Antelope Elementary and Lee Vining Elementary (also partnered with Dustin/Master Gardeners at Lee Vining for family event). This garden funding can also be applied towards staff compensation, supplies, curriculum, and taste tests. 3) CATCH PE: this form of Physical Education is designed to make movement fun. CFHL provides equipment and staff training. 4) Playground Stencils and 5) Smarter Lunchrooms (no-cost and low-cost strategies to encourage healthy eating and reduce food waste). 5) Nutrition Lessons: Lessons can be taught by CFHL staff or curriculum and training can be provided to teachers, and there is the option for cooking and taste tests. 6) Indirect Education: Food Hero Newsletters, physical activity resources, cookbooks, recipe cards. Most Mono County schools receive monthly newsletters/resources to distribute to families. | Connect to Sarah Robledo (EBES, BES Principal) | Jenna |
| **Discussion, Networking** | Margee - Wondering if anyone from NPAT has done any work with the community school. Their guiding pillars include family involvement and food security, so may be a good fit. Also wondering about summer meal programs. Jenna discussed California providing Sunbucks to qualifying families, but currently no summer meal programming for students. Diamond Valley in Alpine County is doing one this summer, so we may be able to learn from them. In the past, this has been difficult to start because host organization would need staff.  Jenna - for the peer wellness group - maybe consider Stepping Stones curriculum. It is a Youth Participatory Action Research program, so students get research and presenting experience, while focusing on specific issues in their community.  Colleen - Britt Cogan is a gardener who has done a lot of work at Mammoth Hospital and maybe a good resource for MUSD gardens. She has shared her email with Jen and is excited to connect and have her join the school wellness committee.  Bre - Wanted to know more about the stencils. Samara described the different types we have–some are more straightforward (hopscotch, 4 square), others encourage more creativity (animal shapes). Explained we drop them off, school staff paints, we pick them up. Inquired where CSS has been posting our flyers for the Walker Wellness Center Classes, and suggested that we post flyers for the military spouses on the Military Spouse Facebook Page. | Send Stepping Stone curriculum  Reach out to Britt  AES interested in stencils?  Will reach out to a student from the class who will connect us with this group. | Jenna  Colleen  Jenna/Bre  Sadie |
| **ROUNDTABLE** | MUSD:  Colleen Moxley - It is summer and the students are out of school, but she is excited to be collaborating with other organizations and start establishing goals for the future.  UC Cooperative Extension:  Dustin - He has wrapped up 4H and his volunteers will be working at a Fair on Labor Day Weekend which includes culinary art and gardening. He shared that this is a great way for schools to showcase their gardens and even win prize money for the school. He said that this is also a time when they are beginning to plan and prepare for next year, so they still have space on their calendar.  WIC:  Stephanie (Mono County) - She shared that there is a breastfeeding event in August at the Mammoth Civic Center that will have resources for parent and infant health and a photographer for breastfeeding mothers (flyer attached). She also has just become an International Board Certified Lactation Consultant. She also has given letters to businesses/organizations to promote a breastfeeding-positive space for employees and customers and is offering stickers and door hangers.  Sandra (Inyo County) - via email. This year to celebrate Breastfeeding Awareness Month in August, we are hosting a Community Baby Shower! We want to welcome all pregnant individuals and individuals who gave birth under a year ago to our event. This includes Mono and Inyo residents and they do not have to participate in any special program with the county. Furthermore, we are currently collecting any new, used and unwanted infant items to host a “swap party” at the event. Please help spread the word. Flyers and language shared in email.  Mammoth Disposal:  Kendra - She is currently working on providing a greenhouse for Mammoth Elementary School and has been able to supply 9 tower gardens to the schools, and she will continually be working with the State Mandate SB 1383. Currently working on reporting.  Mammoth Physical Therapy:  Jen - She plans to hold classes from the fall through spring. This summer they will be supporting local endurance events, in particular they will have a recovery tent for competitors. They also are doing work to support mothers and women in athletics.  CalFresh Healthy Living:  Sadie/Marissa - They finished cooking and nutrition lessons at Bridgeport Elementary School, and are currently teaching cooking and nutrition lessons at Walker Wellness Center, this Monday the Master Food Preservers taught a lesson on food preservation.  Samara - She has been teaching nutrition lessons for summer school at Mammoth Elementary School, and she has delivered stencils for a refresh at their school as well. Samara also elaborated on the Smarter Lunchroom program - through this program, Lo-Inyo reinstated a salad bar at their elementary school, and students are voluntarily taking up to 5 fruits and vegetables!  Jenna - She shared that Courtney left CSS in May, so Jenna will be facilitating NPAT going forward. CSS has hired Marissa for on-the-ground outreach, so the NPAT website will need to be scaled back a bit due to limited staff capacity to keep it updated consistently. Jenna will reach out to organizations most affected by this to prioritize info shared. She is working on garden subcontracts for next year for Antelope Elementary School and Lee Vining Elementary School. | .  Share flyers | All |
| **Adjourn** | **Next meeting: September 5, 2024, 10:00-11:30. Food waste prevention focus.** | | |