

Redding School District

Parent Advisory Committee (PAC)

Tuesday, October 22, 2019

4:00 – 5:00 PM

Minutes

Present at Meeting: Stacy Gotham (Manzanita - Parent), Garrilyn Mousser (Sycamore & Sequoia – Parent & Juniper Staff), Kathleen Caldwell (Juniper – Parent), Ali Gilardi (RSD - DO), Cindy Bishop (RSD - DO), Karen Ditzler (RSD - DO), Robert Fellingner (RSD - DO), Tawny Cowell (RSD - DO), Chanelle Vincelli (Nutrition Ed/CalFresh), Monique Bittner (UC CalFresh), Tam Sandeen (UC CalFresh)

Notes Taken by: Karen Ditzler

Meeting Called to Order by Stacy Gotham @ 4:02 p.m.

1. Welcome & Introductions done around the room
 - a. Stacy noted that she added the statement ‘PAC Meeting Purpose and Scope’ on the agenda to help give a brief statement of information regarding the role of the Parent Advisory Committee
2. Minutes for the August 27, 2019 meeting were handed out for review
 - a. Minutes approved with additional statement to be added
 - i. Changes to 5. Public Comments on draft LCAP 19/20 Update
 1. PAC/Stacy provided handout on proposed changes to the LCAP
 2. Stacy requested Goal 2 Action 19 include the actual actions the schools are taking to support the intent of the funds
 3. Stacy requested that the LCAP include/account for Base Fund expenditures
3. Revised Minutes for the June 3, 2019 were handed out to review and approve
 - a. Minutes approved with additional statement to be added
 - i. Changes to District Overview of draft LCAP
 1. Stacy Gotham handed out a page with information / changes she would like to discuss and review on the LCAP
4. Presentation on Nutrition and School Wellness Policy by Tawny Cowell, Director of Facilities & Nutrition Services
 - a. Tawny introduced visiting presenters for University of California UC– CalFresh Program
 - i. Explanation of CalFresh – Wellness – Healthy Family Program
 1. Nutrition Education, Physical Activity, Healthy School Environment, Food & Beverage marketing, Food and Beverage sold and fundraisers

- b. Handout with information regarding Local School Wellness Policy Implementation
 - i. Local School Wellness Policy: is a written document that guides a local educational agency or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn
 - ii. Discussed that every 3 years the Wellness Policy is reviewed by the State
 - 1. Need to set goals and answer how we meet these goals
 - 2. Wellness Committee needed to help set these goals and will meet 4 times per year (meetings held at RSD in the Board Room – Next meeting November 21st @ 3 – 4 p.m.)
 - 3. Committee will touch on policy talk items – Power Point Handout
 - a. Our School Wellness Policy: What school staff need to know
 - b. Creating a Healthy School Environment
 - c. Making it a team effort
 - d. Wellness Committee – team effort volunteers needed (parents, staff, students, local Public Health agency etc.)
 - e. Review current BP 3550 Food Service/Child Nutrition Program
 - f. Foods sold to students (meet with Parent Clubs regarding fundraisers)
 - g. Nutrition education (RSD food service staff have food tasting once a year with CalFresh)
 - h. Nutrition promotion (RSD has student recipe contest)
 - i. Physical activity & physical education (Recommended 60 minutes of physical activity per day)
 - j. Understanding food and beverage marketing
 - k. How to promote wellness through other school-based activities (IE. Walk to school day, bike to school day, fun runs, school gardens etc.)
 - l. Connecting with our Wellness Coordinator – RSD coordinator is Tawny Cowell, Nutrition Services Director
 - 4. The Redding School District's Wellness Policy BP 3550 can be found on the District website (Board Policies Online – under the School Board tab)
 - 5. Not all sites qualify – Schools need 50% Free & Reduced student base to qualify
 - 6. Tawny talked about the program that RSD is working on where students/parents will input allergies, liked/disliked food choices and then the program will list only lunch options on the lunch menu, related to specific choices listed
 - 7. The Wellness Committee gives participants the avenue for voicing options/suggestions and helping to set goals when reviewing the current Wellness Policy
 - a. Discussed that UC - CalFresh can also help with Peaceful Playground stenciling, supplies, paint and paint brushes
 - iii. Stacy discussed how this information could be tied back to the LCAP and PAC involvement - What is needed from the district? (IE. Maybe sites that don't qualify could receive LCAP funding to help, or it could be Site based funding)

5. PAC – Goal setting (moved to next meeting agenda due to time)
 - a. Will look at current strengths and weaknesses of PAC
 - b. Goal setting
 - c. Strategy

6. Public Comments
 - a. Garrilyn discussed that Juniper could benefit from help with items like clothes for students with social emotional needs
 - i. Discussed the Multi-Tiered System of Supports (MTSS) Grant – Kim Bryant, Director of Intervention Services is in charge of this Grant funding
 - ii. Cindy talked about sites sensory rooms, and that Tier 1 schools are working towards having wellness center, and about the different programs/trainings like Mind Up, Second Step, Help for Billy, Resilience with Stephanie Alexander and Kelly Rizzi as well as, having student study teams been helpful
 - b. Feedback from parents – LCAP is very intimidating and parents are more interested in participating in meeting if the topic is relevant or will affect their own child(ren)
 - c. Discussed the need to have themed based presentation at meetings
 - d. Stacy asked about Parent Survey – Cindy confirmed that the survey have been pushed to site computer for parents to complete during Parent Teacher Conference week

7. Important Dates
 - a. Portrait of a Graduate: 10-17-19, 11-14-19, 12-5-19 & 1-9-20 @ 3:30 – 6:30 p.m.
 - b. Next RSD Board Meeting: Tuesday, November 13th @ 5:30 p.m. – Manzanita
 - c. Next PAC Meeting: Tuesday, December 3, 2019 @ 4 – 5 p.m. RSD Board Room (Stacy would like to start meeting with Goal Setting)

8. Adjourn @ 5:07 p.m.