

Welcome!



5th District Wellness Committee Meeting

1. Please sign in at the table
2. Please help yourself to food

Agenda:



- Meeting Dates
- Event Updates
- Team Time
- Reconvene
- Prize Drawing!

Meeting Dates:



Thursdays

4:30-6:00 PM in the District Office Board Room

- March 14th
- April 25th
- Present Finalized Goals @ Board meeting???
- May 16th



Facebook event optional RSVP:

<https://www.facebook.com/events/316693025624890/>

**LIFE IS TOO PRECIOUS
TO BE WASTED.**

We invite all Madison parents to a **free presentation** featuring guest speaker **Thalia Williams**, Director of Prevention Programs for DrugFreeAZKids.org, a program of Southwest Behavioral & Health Services, **geared towards prevention of student drug usage.**

Topics include:

- Drug use and underage drinking prevention tools (including vaping)
- Why kids use drugs & why are some more at risk than others
- What to do if you suspect or know that your child is using drugs

**TUESDAY, MARCH 5TH, 2019
7-9 PM**

MADISON CENTER FOR THE ARTS

Brought to you by:





MADISON
EDUCATION
FOUNDATION

**DASH
TO THE
BASH**

5K • MUSIC • ART

**Community 5K
Run/Walk & 1K Kids
Mini-Dash!**

REGISTER TODAY!

MadisonDashToTheBash5K.org

March 9, 2019

FOLLOWED BY

The Madison Bash!
Celebrating the Arts in Education

MADISON NO. 1 MIDDLE SCHOOL 9 A.M. - 12 P.M.

Register for Race & Volunteer: <http://madisondashtothebash5k.org/>

Volunteer during Dash: 6 AM-10 AM shift



Facebook event optional RSVP:
<https://www.facebook.com/events/785026838529281/>

BACK BY POPULAR DEMAND...
MADISON FOOD & NUTRITION SERVICES PRESENTS

MADISON TOP CHEF²⁰₁₉

APRIL 24TH 5:30-8:30 PM
PARK COMMONS

**1. SUBMIT A RECIPE AT
MADISONAZ.ORG OR
ON A PAPER FORM AT
YOUR SCHOOL CAFÉ!**

**2. IF SELECTED, YOU WILL
BE AWARDED A PRIZE!**

**3. ALL SELECTED CHEFS
WILL COOK THEIR RECIPE
FOR THE PUBLIC & OUR
JUDGES ON APRIL 24TH!**

**1ST & 2ND PLACE WILL BE
AWARDED A GRAND PRIZE
BY OUR JUDGES!**

PRIZES INCLUDE:

- RECIPE ON MAY MENU
- \$150 TARGET GIFT CARD
- \$100 ABC CAKE
DECORATING GIFT CARD
- ODYSEA AQUARIUM
TICKETS
- PHOENIX ZOO TICKETS
- DOLPHINARIS TICKETS
- + AND MORE!**

**SUBMIT RECIPE ONLINE OR ON A
PAPER FORM IN YOUR SCHOOL CAFÉ**
OPENS: FEBRUARY 1ST CLOSSES: MARCH 1ST

- Recipe submissions **due March 1st by 2:00 PM**
- Actual event (on facebook) **April 24th 5:30-8:30 PM Madison Park, free to public (free taste testing all winners)**

Physical Group Goal Progress

1. Host the annual Top Chef competition on April 24th at Park Commons to promote healthy nutrition between our eight schools with goal attendance of 200 people. We will work with the social group on marketing and promotion.
 - In progress, increased marketing with banners & social media
2. Increase educational opportunities for students, staff, and parents focused around illegal substances. This will be a baseline year for this and will be measured by the number of people who attend (parents will be encouraged and students can attend per discretion of the parents).
 - We have booked the first presentation to be featured at The Madison Center for the Arts on March 5th. Rachel would like us to continue having these presentations next year in conjunction with Dr. Baca's speaker.
3. Create a video archive filled with links to videos on our Health & Wellness page to promote healthy eating and physical exercise for adults and students before the end of the year.
 - Posted on health & wellness part of website:
<https://madisonaz.org/wp-content/uploads/2019/01/District-Wellness-Committee-Online-Wellness-Links-for-Parents-and-Teachers.pdf>
4. Achieve gold status of the Smarter Lunchroom Assessment at 50% of our cafeterias by the end of the school year, which will help encourage students to eat their meals. The Smarter Lunchroom Assessment also covers using recess as a punishment.
 - MTA, Park, Camelview, & Rose Lane our the selected schools applying for Gold Status
5. **Allergens on menu:** Alternative menu options that are gluten free, dairy free, soy free, vegetarian, & vegan are now on the lunch menus page of the website along with our food allergy policy & protocols

Mental Group Finalized Goals (Family)

1. Develop a list of health/wellness resources by January that students and their families can use to get support with mental health (facilities, free classes, doctor offices, videos).
 - In progress (gaining more information by attending the HAWP training)
2. Generate campus plans by the end of the school year from the social workers and site administrators for the sharing of information with students about stress, including presenting healthy coping skills.
 - In progress (may need assistance from other subgroups)
3. Incorporate a social-emotional curriculum throughout the district by the end of the semester support student interactions and social-emotional wellness (ex: Second Step, five radical minutes).
 - In progress (may need assistance from other subgroups)
4. Determine how to incorporate nutrition & physical education on all campuses by the end of the school year. This could include stretching student breaks, teachers & staff receiving training in nutrition education and mental health for their pupils, brain breaks, anti-bullying protocols, weekly PA announcements with health tips & safety, and increase education and awareness of food allergies.
 - In progress (may need assistance from other subgroups)
 - Nutrition education is being added to K-8 curriculum next year (Lauren is working on this w/Dr. Winters)
 - Food allergy is posted on the lunch menus page of the website, alternative options are also posted for main entrees for breakfast & lunch (gluten free, soy free, dairy, vegetarian, & vegan)
5. Establish a baseline of staff members who model healthy food/drinking habits by collecting data in the staff survey to be sent out in the spring.
 - In progress (may need assistance from other subgroups)

Mental Group Finalized Goals (Staff)

1. Increase Participation in Wellness Challenges to 40% by the Spring Wellness Challenge.
 - In progress
2. Increase participation to biometric screening to 30% for the fall biometrics testing.
 - Completed: This goal was met with a total percentage change from last year to this year to be 48% as of 1/11/19
3. Create a resource list of discounted memberships by December for January distribution to gyms/healthy products or companies.
 - In progress (may need assistance from other subgroups)
4. Develop a district-wide survey to distribute by spring to assess current staff needs and interests in regards to wellness and develop a potential plan/calendar of events by August.
 - In progress (may need assistance from other subgroups)
 - Free private nutrition/wellness goal consults will be offered piloting this summer to all staff (Lauren will schedule)
 - Smoothie Blender Bike Summer Events will be offered piloting this summer to all staff (June 17th-20th)
5. Identify EAP presentations to be presented once per semester, with the first one being offered in January.
 - EAP setup “ProActive Planning” on Weds. Feb. 27th 2:30-4:00 PM Board Room
6. Analyze Interactive Health data reports as a team by March (tie into survey) to identify areas of greatest need for staff, with new data reports being analyzed once available.
 - In progress (may need assistance from other subgroups)
7. Review HAWP award requirements, set a plan to accomplish HAWP requirements by end of 2nd semester, and apply for HAWP award by end of 18-19 school year.
 - In progress (may need assistance from other subgroups)
8. Promote involvement in the Dash/other events by creating running/training groups that all staff can participate in by January.
 - In progress

Social Group Finalized Goals

1. Promoting events from physical group: Jacqueline has been promoting events on social media.
 - We have emailed PTOs to inform about Top Chef & Smart Snacks.
2. Food Pantries:
 - After reaching out to sites we found that only one school has a food pantry (Simis). We are working on determining a need food pantries but it seems there isn't much of a want for them at the sites
 - Social workers are aware of the Simis pantry & other local pantries as options
 - Will try partnering with HonorHealth Desert Mission food bank for distribution & food backpack program
 - Will try connecting with POWWOW to be a food distribution site for next school year
3. "Smart Snack info" :
 - Info is now online under the lunch menu page as the "Smart Snack Flyer" link
4. Promote walk and bike day:
 - Teacher at Meadows that does his own walk and bike to school day. We are planning to get in touch with him to help him promote and provide volunteers.

Help?

- **Does your team need help with accomplishing one of your goals?**

Prize Drawing!



\$50 gift card

Have a good night!



Next Meeting:

****March 14th**