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District Wellness Committee Minutes

Thursday, March 5, 2026

4:30 – 5:30 pm

Video call link: <https://meet.google.com/ouh-hhnt-pmt>

- I. Welcome
 - a. Notice of Recording
 - b. Attendance
- II. Items for Discussion
 - a. Review of sample policy from Needles for likes, dislikes, suggestions, alignment to our district practices, etc.
 - b. Make recommendations to Dr. Stewart to change/add to our policy/regulation for Wellness
 - i. The Committee highlighted areas to add to our current policy and regulations.
 - ii. Jen Lott will create a document of the changes for review by the committee. This document is posted for public review as an accompanying document to the meeting minutes.
 - c. Goal setting using Local Wellness Policy Activity and Assessment Tool
 - i. We will create goals during the April meeting using the tool.
- III. Items for April 2, 2026
 - a. Goal setting using Local Wellness Policy Activity and Assessment Tool
 - b. Committee members will review the tool and highlight areas we can successfully implement and monitor for the 2026-27 school year.
- IV. Adjourn and Stop Recording

Committee Members Present

Dawn McCann
Jennifer Lott
Jenny Becker
Karen Johnson
Layla Downing
Mayia Moletin
Michele Werchau
Nancy Papke
Sherri Vorak

Wellness Committee

Committee Role and Membership

BCSD will convene a representative district wellness committee (DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The DWC membership will represent all school levels (K-8) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., Chartwells director); physical education teachers; health education teachers; school health professionals (ex., health attendants) and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Name	Title	Email
Dr. Carolyn Stewart	Superintendent	cstewart@bcsd15.org
Jennifer Lott	Director of Educational Services	jlott@bcsd15.org

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

BCSD will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan defines roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy can be found at: [add website address](#)

BCSD will retain records to document compliance with the requirements of the wellness policy. Documentation will include but not be limited to:

- Written wellness policy
- Documentation demonstrating it has been made available to the public
- Documentation of efforts to review and update the policy, including indication of who is involved in the update and the methods BCSD uses to make stakeholders aware of their ability to participate
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on implementation of the school wellness policy

- Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years.**

Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within BCSD participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and, where appropriate, the After School Care Snack Program. All schools within BCSD are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Accessible to all children
- Appealing and attractive to students
- Served in clean and pleasant settings
- Allow students at least 10 minutes to eat breakfast
- Allow students at least 20 minutes to eat lunch
- Menus are created/reviewed by a Registered Dietician or other certified nutrition professional
- Accommodate students with special dietary needs
- Serve lunch at a reasonable and appropriate time of day
- Make available free, potable water during the meal period
- Allow students to bring and carry approved water bottles with only water in them throughout the day
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (BCSD offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Menus will be posted on the BCSD website or individual school websites
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Celebrations and Rewards

"School day" is defined as "from the time students arrive on campus in the morning until thirty (30) minutes after the last school-sponsored class (regular school day or after-school program, whichever is later).

Food

- Only food prepared by or obtained from BCSD's food services program will be served or sold on each campus during the school day.

- Preschool and kindergarten students may bring a healthy snack for the afternoon. Schools will provide parents with a lists of acceptable snacks. Teachers may provide snacks from the “no thank you” table in the cafeteria to those students who do not bring a snack.
- Schools and employees will not use food as rewards.
- Classroom parties or celebrations involving food are prohibited.
- Teachers and other employees may not provide snacks or beverages to students except those from BCSD’s food services program.
- Food items (e.g., M&Ms, cheerios) will not be used as math manipulatives or for other instruction.

Beverages

Only the following beverages are allowed during the school day from any source, including school stores, vending machines, school cafeterias, and any fund-raising activity on school property, whether or not school sponsored (certain other restrictions apply):

- Milk – low-fat or no fat
- Non-dairy milks
- 100% fruit or vegetable juice
- Water (un-flavored)
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Outside of the School Day

These Administrative Regulations do not apply to events outside of the school day as defined above. However, sponsors of fund-raising and other events are encouraged to select food items in accordance with Smart Snacks and Arizona Nutrition Standards.

Snacks Brought by Students

Students may bring a healthy snack to be consumed during a designated time during the school day.

Acceptable snacks: fresh fruits/vegetables; nuts, seeds, or trail mix; dried fruits; prepackaged items for which the first ingredient is a fruit, a vegetable, a dairy product, or a protein; unflavored water, low-fat milk, or 100% fruit/vegetable juice. Prohibited snacks: candy; chips; sodas, energy drinks, sports drinks; any food or drink with high levels of sugar or salt.

Physical Activity

Children and adolescents should participate in physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive, school-based physical activity program that includes these components:

- BCSD will provide students with formal, age-appropriate physical education, consistent with national and state standards for physical education
- Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be used or withheld as punishment for any reason
- Physical education program will promote student physical fitness through individualized fitness and activity assessments
- All physical education classes in BCSD are taught by licensed teachers who are certified or endorsed to teach physical education
- All elementary schools will offer at least 20 minutes of recess on all days during the school year
- Recess will be offered outdoors when weather is possible
- Recess is a complement not a substitute for physical education class
- To the extent possible, schools provide opportunities for students to participate in physical activity after school

FY26 Wellness Committee Policy/Regulation Proposed Changes

- Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week
- BCSD recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week
- BCSD will support active transport to and from school such as walking or biking

To the extent practicable, BCSD will ensure that its grounds and facilities are safe and that equipment is available to students to be active. BCSD will conduct necessary inspections and repairs.