



1004 Hancock Road
Bullhead City, Arizona 86442
Phone: (928) 758-3961
Fax (928) 758-4996

District Wellness Committee

Thursday, October 2, 2025

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

- I. Welcome
 - a. Notice of Recording
 - b. Call to Order & Attendance
- II. Items for Discussion
 - a. Committee Purpose - This is a district committee, but it's also required by the governing board. We do have to record it. People in the community are invited to attend. Legislation says that we're supposed to go over all of our wellness policies every 3 years. This committee completed it two years ago. We had had a plan that we were working on last year, which a lot of it was like the wellness things that we did with the committee with the wellness challenge through mental health. We did the meal challenge which was fun, but some new tools came out and so we have to go through a similar process again this year using new tools. When we did this a couple years ago, it was a rubric. We went through the different sections of the rubric and completed them in between meetings and then talked about them when we got to the meeting. I just wanted to show you what we're doing and then maybe we can come up with a plan on how we want to attack it.
 - b. Wellness Policy Overview
 - c. Wellness Action Plan Created 2023-24
 - i. We decided not to pilot PE programs. The PE teachers didn't feel like they needed that.
 - ii. Another action step is Chartwells doing some presentations quarterly. I did see that they did one at Desert Valley earlier this school year already.
 - iii. Doing standing orders is when we create a plan on what we do when students get injured or when students go to the health office, but it has to be signed off by a local physician. And that's been what's kept us from going any further. We cannot find a physician to sign our plan.
 - iv. Looking at health plans for students and making sure that their health plans or their care plans are shared with anyone who might come in contact with them on the school grounds.
 - v. Transitioning students from school to school.
 - vi. Slip mats I believe were ordered for schools needing them.
 - vii. And then health challenges was the kind of fun thing that we did last year.
 - d. Superintendent Memo -
 - i. We were told we're not allowed to do any snacks at all. We can only give snacks if Chartwells gives them snacks and they're not supposed to do any other snacks. Now that we do have an afternoon snack for all kids, it's probably not as relevant.
- III. Our Projects/Procedure (<https://www.azed.gov/hns/nslp/training>)
 - a. Local Wellness Policy Assessment Comparison with a Model Policy - We need to take our policy and regulations and compare it to this checklist. We can use the policy plus the plan that the committee came up with two years ago that we were working on last year. We can look at our plan and then we can look at our policies and then we compare them to this checklist to see the official documents that we have meet the basic requirements. We just have to say, do we have it in our policies or any of our documents or do we not? We score it to see where our strengths and our needs are and we move from there.

- b. Activity and Assessment Tool (AAT) When we're done with that then we look at this tool and this is how we create new goals. We can use the goals that we have now, but we could also create new goals if that's needed after we do the checklist. It says year 1, year 2, year three because after we get done this year, we can use this document the next two years to record how we're doing on the goals to improve our student wellness.
- c. (<https://www.azed.gov/hns/nslp/training>) - I watched one of the videos that showed how to go through all those checklists, but they're 60 to 90 minutes long, and that's only one of them. I really don't expect you to do that. I will make sure I try to keep ahead of it so that when we meet, I know what we need to do.. So, it's just there in case you feel like it's something you want to do.
- ~~d. School Health Index School Level Assessments~~
- ~~e. Ongoing Monitoring of Implementation Plan~~
- f. Staff &/or Community Wellness Activities

IV. Next Steps

- a. How to Proceed with AAT - What are your ideas on how to attack it?
 - i. Either divide and conquer or do it we did it last year. We take a section at a time.
 - ii. We could have some people look at the actual wellness policies, some people look at the regulation that has RB and then we could combine. That no one person has to read every single piece. Or we could break up the actual comparison thing into sections or both.
 - iii. If we just start going off on our own with maybe we get the ball rolling and then if we feel like it's not going as efficiently as we would hope then divide it out just so we can kind of verify and check.
 - iv. All read it and then follow up on it at the next meeting.
 - v. **We will all just commit to at least reading and being familiar with the policies, regulations, and action plan by the next meeting. We can review the checklist together.**
- b. Ideas for Staff &/or Community Wellness Activities
 - i. When after Jenny had finished something about I think a couple years ago at Sunrise, they were doing an activity where they were introducing different vegetables to the kids and then taking a little survey did you like the broccoli or did you like the carrot sticks better and the kids really seem to enjoy that. It's called the fresh fruits and vegetable program
 - ii. What if we had them do like a garden at each site?
 - iii. **Wait until everybody's familiar with it and we've at least talked about it first.**

V. Items for November 6

- a. Read policies, procedures, action plan
- b. We will review the checklist together.

VI. Adjourn & Stop Recording

Attendees

Alejandra Castaneda, Jennifer Lott, Jenny Becker, Karen Johnson, Mayia Moletin, Michele Werchau, Nancy Papke, Racquel Beck, Sherri Vorak