

MINUTES
ANNUAL WELLNESS MEETING
BEAVER CREEK SCHOOL DISTRICT
3/7/25 10:30-11:30
GOVERNING BOARD ROOM

Attendees: Micca Martinez , Karen DuFresne, Jessica Lux-Herrera, Heather McCallum, Cody Kukulski, Allie Wheeler, Ana Felix, Lindsay Plas, Briana Clarke

Micca Martinez welcomed everyone and read the first few paragraphs of the wellness policy to the group.

Nutrition Promotion & Education:

Karen spoke regarding the promotion of our NSBW and NSLW announcements on Dojo, communications sent home to families and adding it to the menus which are posted on the website. We also promote the summer food program with banners in the community and dojo announcements as well.

Karen spoke about increasing the vegetables we serve to students, it has doubled over last year. Ana Felix explained we keep track of the veggies served through the completion of the production records. Having the salad bar on Thursdays during lunches helps to meet the veggie goals as well.

Karen will be applying for a grant through ADE HNS Fresh Fruit and Vegetable Program which is slated to begin next school year if the grant is accepted. Students will receive raw fruits and veggies twice per week at times other than during meal service. Students will also receive education relating to the item being served. The grant will fund \$50.00 for each student. Allie Wheeler mentioned there are other requirements of the grant that she and Karen will be working on to get this program implemented.

The water filtration grant is still in process but students have access to filtered drinking water at numerous locations around campus including the 4 water bottle filling stations.

Heather McCallum told Ana she was very impressed with the improvement of our meals that she has noticed since she started working here. The quality of fresh meals over processed meals had increased a lot she said and was very grateful for that. The group agreed the meals have improved.

Physical Activity & Recess:

Micca explained we have PE 2x per week for all grades, multiple after school sports opportunities are promoted to older students, recess for K-4 daily and outdoor activity breaks for older students either before or after lunch. Our community is constantly using our sports field after school and on weekends for adult softball practices, little league baseball practices, soccer practices, walking dogs and outdoor activities. Briana Clarke said often her class will do physical activities in her classroom. Our house assemblies incorporate physical activity doing competitions encouraging teamwork skills between house groups as well.

Other School-Based Activities that Promote Student Wellness:

Micca informed the group that the Paras complete weekly safety checks on the playgrounds to identify any safety issues. They complete a checklist and when problems are found they are reported immediately to maintenance staff either verbally or through the FMX system. Issues are fixed immediately and if cannot be completed before recess starts the area is roped off so students cannot access the equipment.

In the mornings and afternoons there are crossing guards stationed at the crosswalk on the road and in the pick up and drop off areas. Allie let the group know that one of our YCSO deputies on site told her that we had the safest and most fluid drop off and pick up zone that he had seen at a school. He commended us for such a safe environment during these busy times of the day.

Micca explained the AR rewards and the alternative snack list given to parents at the beginning of the year for better snack choices during classroom parties and events.

The snack boxes that Manzanita Outreach supplies monthly are very well received and appreciated by the teachers. It was mentioned that this last month's box had different items in it that were more nutritious than previously given out.

School Meal Standards, Nutrition Guidelines, and Food Service Operations

Karen went over this portion of the policy and explained that Smart Snacks are sold snacks which we do not participate in during the school day. If there is an anticipated event for food related fundraisers not meeting the Smart Snacks guidelines an exemption waiver is made available to submit to ADE.

Lindsay Plas with Yavapai County Community Health Services spoke about a few of the programs they have available for families such as Around the Table. She said her department has numerous nutrition education resources to help us if needed for the FFVP grant and also for snacks and helping families make better choices for providing nutritious meals at home. Lindsay offered to help the cafeteria with any of these materials when needed.

The meeting adjourned at 11:05.