



Santee School District

SCHOOLS

Cajon Park
Carlton Hills
Carlton Oaks
Chet F. Harritt
Hill Creek
Pepper Drive
PRIDE Academy
at Prospect Avenue
Rio Seco
Sycamore Canyon
Alternative
Success Program

WELLNESS COMMITTEE

October 11, 2023

Minutes

A. OPENING PROCEDURES

- a. Welcome and Introductions was done by Wanda Grant, Interim Child Nutrition Director.
Wanda Grant Interim Child Nutrition Director
Sabine Neuman Child Nutrition Secretary
Crissa Vasquez Certificated
Amrita Chawla Santee Citizen, Born in India, Food Science & Yoga
Kathy Silva Certificated
Kimberly Hill Parent, Sycamore works for Neilson TV ratings.
Lisa Taylor Certificated Teacher Chet F. Harritt
Chris Krysinski Certificated Teacher Hill Creek
- b. Call to Order
Wanda Grant called the meeting to order at 3:55 PM
- c. Approve Agenda
C. Krysinski moved to approve the agenda. K. Hill 2nd, Approved
- d. Approve of Minutes
S. Neumann moved to approve the minutes, K. Hill 2nd, Approved

B. PUBLIC COMMUNICATION

There were no public comments.

C. AGENDA ITEMS

- a. Review of Wellness Policy and Triannual District Wellness Report.
Wanda Grant shared the triennial wellness report.
K. Hill motioned to request explanation of the procedure on how to enforce the wellness at the next meeting. L. Taylor 2nd. Discussion focused on some schools follow the rules others don't.
The motion was passed unanimously.
K. Hill motioned to request an explanation on how to implement guidance and the eventual update to the board policy at the next meeting.
Discussion centered around effectiveness of the wellness policy as it is.
L. Taylor 2nd the motion; Motion passed unanimously.
- b. The CSBA suggested Wellness Policy and the current District Wellness policy were shared for future review.



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- c. Classroom food and one day per month for non-compliant foods were discussed.
- d. Use of food as a reward was discussed.
Suggestions were made to implement more opportunities for staff development in mindfulness and to incorporate more therapeutic K9 companions on campuses.
C. Vasquez motioned to ask for more information regarding electives on campuses. K. Hill 2nd. Motion passed unanimously.
Discussion centered around bringing back consumer education, so students learn how to shop and cook healthy foods.
A Chawla motioned to investigate the opportunity for trainers to train staff at each school site to incorporate yoga for staff and students. i. L. Taylor 2nd the motion. Motion passed unanimously.
- e. Future meetings: Dec.12, Feb. 7, April 24, 2023

E. ADJOURNMENT

The meeting adjourned at 4:35 p.m.