



Wellness Advisory Council Meeting Agenda

May 2, 2017 3:30 to 4:30

College Counseling Conference Room

Attendees: Kelly Reeser, Sam Todd, Vicki Lundquist, Christie French, Monika Bunting, Lori Preston, Jeri Chandler, Elizabeth Begley, and Cheryl Sack

1. Committee Structure/Communication Flow - Kelly
 - a. [Wellness Advisory Committee Structure and Communication Flow](#)
 - b. Kelly reviewed the committee structure that was established in January (described in linked document above); all attendees agreed with continuing to use this structure going forward. **Action item:** None

2. Committee leadership for 2017-18 school year - Kelly
 - a. We need someone to volunteer to lead the Wellness Advisory Council next year. If you would like to volunteer, please contact Kelly. Co-chair structure would be great if two people are interested in sharing responsibilities. **Action item:** Please let Kelly know if you want to discuss this leadership opportunity.

3. Meeting schedule - consensus is to continue meetings on first Tues of the month in the 2017-18 school year.

4. Updates on K-12 Initiatives (gardens, classroom initiatives, student/staff activities, green cleaning, air quality, grant applications, etc.) - all
 - a. Custodial RFPs: proposals have been returned. John Wilcox and team are bringing forward recommendation to Board of Directors at the May 3rd meeting. All finalists will use "green seal certified" cleaning products throughout the K-12 campus. **Action Item:** None

 - b. Environmental pillar: Christie provided an update on carpet findings from indoor air quality committee that she participates on. Discussion about carpet that could be installed in elementary rooms. Here is the information Christie received from Tom Ellis about carpeting:
 - carpet textiles that are designed specifically for schools are low-profile, durable, and easily cleaned
 - big difference between high quality and low quality carpets



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Peak to Peak Charter School

- best option: impermeable backing (to contain spills), nylon fiber system (easily cleaned), as low-profile as possible (17 oz. or below), 6 feet wide with welded seams, backing with cushion is even better (to help maintain temperature)
- some good manufacturers: Tandus or Mannington
- this method uses contact adhesive, but non-flow-thru backing has less off-gassing
- peel and stick has less off-gassing because no adhesive is used, must be high quality, not usually recommended for elementary classrooms because of food
- comparing carpet to hard flooring: the carpet fiber is the most expensive part, 17 oz. will be cheaper than hard flooring (hard flooring needs many wax coats and adds to cost and upkeep), it's hard to vacuum a hard floor (dirt gets thrown around), high quality carpet lasts 25 years
- when only traffic lanes are vacuumed, dirt thrown to edges with hard flooring, carpet traps dirt until it is vacuumed and lessens amount of dirt that travels to edges and corners
- [The EPA's website](#) gives tips and guidelines for carpeting in schools.
- Something I had not even considered is how to manage carpeting in elementary classrooms where students enter through the playground doors. [This section of the EPA's website](#) discusses how to control pollutants and water from entering the building on shoes with entry mat barriers.

Action Items: Sam will provide specs for carpet we installed in college counseling center to Christie; Christie will then call her contact to see if it matches the description of high quality carpet. Elementary staff needs to agree on the wish to install carpet. This item is on the capital needs list and will be funded in the future (summer of 2018) if the elementary staff reaches consensus on the wish to install.

- c. Cleaning supplies: Elementary has been purchasing their own supplies; we need to ensure that secondary uses same supplies. Envirox is main product with discounts available through BVSD. Christie has detailed information about products elementary teachers have been using. **Action items:** Sam will check with John about ordering through the district. Replicate systems at elementary at other levels. Need a point person at each level to maintain inventory and manage ordering (we may be able to consolidate other levels' work with Christie's efforts).



- d. Gardens: Annie Sasseville provided the following update via email to the group:
- “Most of the elementary classrooms have completed their spring lessons, studying lots of different topics out there. We have heard some great quotes from kids out there! And last week, Dr. Marti took his MS science kids out to the garden area to test the soil in the open field. The soil gets sent to CSU for laboratory testing, and we should get the results back in 2-3 weeks. This helps us determine which nutrients need to be added back into the soil and allows us to maximize vegetable growth. By the time school starts back in the fall, we should have pumpkins, squash and big gourds in the open field!
- Next week, the 2nd graders will harvest the lettuce on Monday and the cafeteria will host our very first Rainbow Day! This means that a free lettuce salad will be offered to all K-5 kids and if we have enough lettuce, we will continue to share with middle and HS, too. And next Wednesday, our 3rd graders will be out in the garden planting all the seeds for summer. Please keep an eye out for the summer patrol sign up sheet to be sent out in the digest next week — in order to maintain the garden for the entire summer, we need one family and/or staff member to adopt the garden for one week at a time. It will be basic maintenance and no garden experience is required! Please email Annie if you have any questions about the garden!” Thank you for your tremendous work, Annie!
- e. Monika, Raquel and Erin finished the fitness grant and will submit it in June. This grant will allow for purchase of fitness equipment if we receive it. **Action item:** Thank you to Monika, Raquel and Erin! Wait for response.
- f. Fuel-Up-to-Play grant is being re-written for renewal: focus is movement for 60 minutes per day: Thank you, grant writers!
- i. Funding will be requested for kinesthetic furniture
 - ii. Water bottle refilling stations
- g. Robyn is working on grant for shade sails on the east playground.
5. Monika - get kids to recycle more; reduce waste, especially in the cafeteria (examples from other schools - see Christie’s link); Monika wants to look for grant dollars to support this. Question about whether custodians are throwing all trash away (and if recycling is happening). **Action item:** Sam will follow-up.



- a. Composting - color coded receptacles are needed so kids know the difference. Need an "Earth squad" to enforce correct placement of waste.
 - b. 46 schools in BVSD are "Green Star certified." Systems are easier to implement than they used to be. Student education is part of the process.
 - c. Susan Prieto knows how to do composting. Christie will pull her in to provide expertise in this area.
 - d. We need to identify other people who are willing/able to help. Challenge would be finding consistent people to carry out the work. Ideas: Incorporate into new innovation design class. Would students be willing to work on this as a project? Kyle has mentioned zero waste project as desirable. Start with food services. Look into compostable utensils (Cheryl and Elizabeth will check into pricing). Questions about what can be included. **Action item:** Continue this discussion and follow up with admin as questions and ideas come forward. Sam and Kelly will facilitate conversations.
 - e. Monika and Christie will work together. Looking for HS person to help. **Action item:** Monika sent email to Kyle asking for suggestions of HS person to help.
 - f. Plastic free-events (e.g. Run for the Peak, MS dances). Christie has information. **Action item:** continue this discussion in the context of food services. Cheryl and Elizabeth will look into pricing.
 - g. Anti-idling policy: Christie would like to launch this for elementary carline in the afternoons. PRA is an example school that has this program. Signage needed. EPA has guidelines and a plan for creating an anti-idling program at the school. Get kids involved. Dispel myths such as "turning off car and then turning it back on creates more pollution" is not true. More communication (and more frequently) is needed. **Action items:** Sam and Kelly will ensure that communication about anti-idling is included in BOY communication to families. Continue discussion about ongoing communication needed at first WAC meeting in the 2017-18 school year.
6. Food Services update - Cheryl, Elizabeth, Sam
- a. Survey will go out to all staff and parents very soon; will be open for two weeks. Goal: gather community feedback.
 - b. Hiring a baker to make homemade muffins, soups, and homemade salad dressings
 - c. Consider muffin tins, wrappers, foil, etc.
 - d. Commitment to organics - will keep salad bars. School will subsidize for organic produce so we can continue the salad bar.
 - e. Communication needed with parents and staff about what's going on. Sam will work on this.



- f. Paint wall with chalkboard surface - use to advertise nutritional information - Go Slow Whoa, Eat This Not That, etc. Painting is a summer project with “launch” of chalkboard in August.
 - g. Lori has a contact with amazing chalkboard artist. She will ask him to come for the beginning of the year. Cost? TBD.
 - h. Student tastings: - on Pizza days, kitchen is not in use; do tastings on those days; ELT will serve students (with aprons and hats) **Action item:** find aprons and chef hats!
7. Planning for next year
- a. [Identified focus areas for 2017-18](#)

Notes:

From Christie French:

Here are a few more things I'd like to focus on next year:

Revisit the idea of composting

-[46 schools in BVSD are Green Star certified](#)

Expand mindfulness K-12 (in additional to social/emotional curriculum)

-I'm creating 7-10 core mindful movements posters and calming exercises that can be used in all grades

-research [here](#)

Plastic Pollution Coalition

-[plastic free events and plastic free schools](#)

Kaiser: Thriving Schools

-[employee wellness](#)

-[resource center](#)

Anti-Idling Policy

-[idle-free schools](#)