

OUSD ANNUAL WELLNESS COMMITTEE YEAR END UPDATE

April 29, 2022

Hello all, and thank you for taking the time to read this end of school year mandatory wellness update.

AGENDA

I. Summary of the Santa Barbara Wellness Summit on 3/2/2022

The summit meeting was wonderful! Here are some of the topics that were discussed:

- *The dairy council presented on smarter lunchrooms and better marketing practices for our school foods.
- *The Santa Barbara Health Department spoke regarding food safety & availability of local foods for our community.
- *Management & Leadership Skills were presented by the Department of Culinary Arts & Hospitality Management at Allan Hancock College.
- *The Wellness Triannual Assessment deadlines was discussed. Fortunately, Orcutt USD completed ours in 2019.
- *some helpful and healthy tips for school staff members were presented.
- *The access and availability of free nutritional education for our community members was discussed.

The entire agenda and summit topics can be accessed via this website:

<https://schoolwellnesssummit.org/>

II. Improvements in foods offered at Orcutt USD

Here are some menu improvements happening at elementary schools:

*We now serve local Domino's pizza every Wednesday! This replaced the COVID bagged pizza. YEAH!!!!

*Many "speed" scratch cooked items are now served at all the elementary schools, which include: the BBQ pulled pork sandwich, the crispy chicken sandwich, and the tasty rib sandwich. They are all served on local whole grain Edna's (soft) hamburger buns!

* Many COVID individually bagged food items have been discontinued! We will continue to remove the remaining bagged items from the menus for the next school year.

Here are some menu improvements happening at the Jr High's & high school:

* Egg, sausage, cheese and croissant breakfast sandwiches are prepared daily. They sell out every day!

* House made smoothies & parfaits are healthy and delicious!

* Cheeseburgers, croissant deli sandwiches, and the spicy chicken sandwiches are back & are always a hit!

* We now serve local Giovanni's pizza. Yippee!

Zen Garden at OJH!

We are pleased to announce that the dept. of child nutrition has teamed up and donated some wellness grant funds, to assist in the creation of a much-needed mental health outdoor Zen garden space. This will be located near the school office at the Orcutt Junior High School. This is a place for classes, assemblies and much more! Cooking classes will also occur here in the future. It will be an inviting and calm space for students and staff members to enjoy at any time as well.

Wellness meetings for next school year

We will possibly resume meeting in person next year. On the other hand, if virtual works better for all, we could continue in that manner.

We will be focusing on reviewing the rules & regulations of our school wellness policy. A review is needed, as we are back to in person learning, and must remain compliant to our district's policy.

We will have updates on improvements regarding mental health support for all students. We will invite & discuss new ideas for student wellness. We will review the various opportunities for exercise, health and wellness that are available to our students currently. Finally, please know that any other improvements or issues that relate to supporting the whole child's wellness experience for all of our Orcutt Students are welcomed.

Please stay safe and awesome! We look forward to meeting with you all next school year!

Bethany Markee
Child Nutrition Director
Orcutt Union School District