



# Noah Webster Schools

## NWS-Mesa Wellness Committee Meeting Minutes

**Date:** May 1, 2025

**Time:** 2:00 p.m.

**Meeting Called to Order by:** Becci Alvarado

### In Attendance

- Jessica Friedermann – Principal
- Allysha Carden - Teacher
- Leticia Alvarado - Parent
- Tabatha McAllister - Parent
- Austin Reed - PE Coach
- Dave Spitz - Playground Supervisor
- Becci Alvarado - Food Service Director
- Shannon Sutton - Director of Health Services
- Audrey Reichart - Food Service Site Manager

### 1. Call to Order:

2:03 p.m. by Becci Alvarado

### 2. Wellness Plan Assessment

Jessica Friedermann and Becci Alvarado went over the current Wellness Policy using the Wellness Plan Assessment Comparison with a Model Policy to update the policy for the new school year.

Prior to a Vote the committee viewed each section and what adjustments were needed to improve the policy. Everyone was given the opportunity to view the Assessment Comparison for the policy to understand the changes of requirements to ensure the Wellness Policy meets the new grading rubric.

The following was discussed:

- Goals for Nutrition Promotion
  - 4 items met
- Goals for Nutrition Education
  - 4 items met



- Goals for Physical Education and Physical Activity
  - 10 items met
    - Added information regarding recess being outside weather permitting
    - Added 8<sup>th</sup> grade
- Goals for Other School-Based Activities that Promote Student Wellness
  - 5 items met
- Policies for School Meal Standards
  - 8 items met
- Policies for Competitive Foods and Beverages
  - We do not participate in
- Policies for Celebrations and Rewards
  - 3 items met
- Policies for Fundraisers
  - We do not participate in
- Policies for Food and Beverage Marketing
  - We do not participate in
- District Wellness Committee Membership
  - We do not have districts
- District Wellness Committee Leadership
  - We do not have districts
- Implementation Plan
  - 1 item met
- Recordkeeping
  - 1 item met
    - Policy needs to have more implementation information on record keeping
- Annual Notification of Policy
  - 1 item met
    - Policy needs to include when occurring and how participation is communicated
- Triennial Assessment
  - 1 item met
- Revisions and Updating the Policy
  - 4 items met
    - Section is being completed by holding meeting
- Community Involvement, Outreach and Communications
  - 6 items met



Committee unanimously voted for changes suggested and agreed on the items met per the Local Wellness Policy Assessment Comparison.

**3. Other Items Discussed**

Jessica opened the floor to discuss 8<sup>th</sup> grade being incorporated to the school. Jessica ensured policies have been updated to include 8<sup>th</sup> grade for the following school year.

**4. Adjournment**

2:44 p.m.

**5. Next Meeting**

May 2026

Time and Location TBD