

Wellness Committee Meeting: 1/30/26

Members:

Angela Baas – present in person

Tomoko Seo – present in person

Kristy Mack-Fett – present in person

Laura Stoland – present on zoom

1. Sign in
2. Agenda check: include cell phone usage under mental health, state of public health
3. Current Policy Review and Assessment:
 - Policy was last updated May 2025; originally implemented in 2021; 3 year cycle; at the end of 2025-26, we will do triannual assessment – opportunity to shine and share what we do in the area of wellness and set some specific goals or targets
4. Physical activity and education: lots of recess time, lots of outdoor time, lots of Waldorf-informed movement integrated into lessons (obstacle courses, jump roping, balance beam, rods, beanbags on heads), been doing the mile run in middle school, go to the park regularly, neighborhood walks, work in the garden and around campus on landscaping, edible garden and sharing by students (green tacos), variety of activities at recess including stilts
5. Nutrition and nutrition education:

New vendor since Jan. Good feedback on new meal vendor – vegetarian options much better (mushrooms, tofu, veggie crumble, more variety for special meal students – used to be almost the same day every day, but now it aligns to the variety of the main menu); noted improvements since we last worked with this vendor; discussion of federal Health Dept. new guidelines that are coming and how they may affect school meal guidelines; due to the shift in vendors, the food vendor has not this year consulted with student leadership class to hear student voice; lots of praise for reusable cups, utensils, plates, etc.

Review of donation receipt from LA FoodCycle – 2,830 lbs of edible food donated by OCS in 2025 that goes to unhoused people

Compost bins around campus: recently audited by the City of LA; showed them the donation receipt, he checked our compost bins and found no edible food because it's all been appropriately donated. Our compost is picked up by our trash vendor, Athens, as separate from landfill or recycling.

Nutrition education: classes have done some projects in the kitchen like tamales; farming and gardening blocks in 3rd grade; gardening classes with edible vegetables and fruits 1st – 5th;

Sharing baskets: available in every classroom and the front office and in the kitchen (only in the morning for the kitchen), classroom baskets are getting consumed so kids come regularly to get more healthy snacks from the office – healthy, less waste, kids getting their needs met -----Congratulations to the teachers, kitchen staff, front office, and custodial team for doing all it takes to make sharing baskets work without getting dirty/etc.

Average breakfast: 20 – 80 depending on menu daily

Average lunch: 185 – 300 daily

6. Community outreach: social media and newsletter recap; every week's newsletter includes the breakfast menu; breakfast offerings used in supporting families getting their children to school on time in meetings or in outreach; zoom meeting access; info shared on tours about meal programs and movement integration; food and nutrition aspect in community celebrations including our upcoming BHM event
7. Public Health: flu season affecting a lot of families and staff; importance of hand washing, staying home during illness, doing an independent study if 3 days or more, seeing a doctor if needed; flu shots advised by LA County PHD
8. Mental Health: working to support the community with the death of a staff member; adding a fourth counselor to our team through our LMU partnership for informal counseling; older students seem to be advocating for their mental health needs in a productive way, such as asking for counseling; parents are an important part of the team, especially when they encourage their child to ask for counseling support, and then the office hears good reports from parents on the counseling support provided

Social media discussion: legal discussion about social media companies being sued more for the harmful effects of social media; option for a private call for middle school students in the office or they use their phone in the office to contact their parent