

OCS Wellness Committee Meeting Minutes

May 29, 2026 on Zoom

Final Meeting of SY25-26

Welcome & Purpose of Meeting

The committee reviewed wellness-related activities and progress made throughout SY25-26 and discussed future goals and opportunities for continued improvement during SY26-27.

Wellness Policy Progress Review

Nutrition Promotion & Education

Students continued to participate in nutrition and wellness education throughout the school year.

- 3rd-grade students participated in Gardening as part of their curriculum, providing hands-on learning opportunities related to food, growing practices, and environmental responsibility.
- Nutrition education continued as part of the 7th-grade curriculum.
- Families received ongoing communication regarding school meal programs through Community Messages and Life at OCS, including monthly menus and information about food donation efforts that help support the local community.

Sustainability & Healthy School Environment

The committee reviewed several sustainability initiatives implemented during the school year.

A significant improvement was the transition from disposable compostable trays to reusable metal trays following the installation of a commercial dishwasher. Students now participate in a daily composting and tray collection routine during lunch service. Through this process, students actively practice waste sorting, composting, and environmental responsibility.

The committee also discussed the school's ongoing solar panel project as part of broader sustainability and environmental stewardship efforts.

Physical Activity & Student Wellness

Students continued to have regular opportunities for physical activity throughout the school year, including:

- Movement classes twice per week
- Daily recess
- Daily lunch recess
- Outdoor free-play opportunities during aftercare
- Walking field trips to Glenn Alla Park

Middle school students also had opportunities to participate in FIYA athletics, including basketball, flag football, volleyball, and soccer.

Family & Community Engagement

The Wellness Committee met four times during SY25-26.

Families were invited to participate in committee meetings and were informed of wellness initiatives through Life at OCS.

Meeting agendas and minutes continue to be available on the school website.

The committee discussed the importance of continuing to encourage family participation and community feedback as part of the wellness process.

School Meal Program Updates

The committee reviewed school meal program participation trends and operational updates.

Following a meal vendor transition during the school year, several improvements were observed, including:

- Hot breakfast offerings twice per week
- Lower-sugar cereal options
- Oatmeal
- Bagels
- Yogurt and granola

Meal participation increased significantly during the second half of the school year.

Average Monthly Breakfast Participation

- August - December: 653 meals
- January-April: 761 meals
- Increase of approximately 108 meals per month

Average Monthly Lunch Participation

- August - December: 2,989 meals
- January - April: 3,709 meals
- Increase of approximately 720 meals per month

The committee noted that participation growth suggests positive student response to meal quality, menu variety, and expanded breakfast offerings.

Wellness Activities Highlights

The committee reviewed wellness initiatives and student activities completed throughout the year, including:

- Gardening and nutrition-related activities
- Sustainability and campus wellness efforts
- Enrichment and wellness-related classes

Additional highlights included:

- TK and Kinder sun safety procedures and education
- First grade participation in a sun safety project, including regular use of sun-protective practices during outdoor activities, recess, and movement classes.

The committee also discussed exploring additional opportunities to promote healthy celebration options on campus.

Triennial Assessment & Documentation Updates

The committee reviewed Wellness Policy documentation requirements, including:

- Continued sustainability initiatives
- Exploration of shade and outdoor wellness goals
- Promotion of healthy celebration options
- Continued family engagement and wellness communication
- Ongoing support of nutrition education and physical activity opportunities

Open Discussion

Committee members shared feedback and ideas for future wellness initiatives. The meeting concluded with appreciation for the efforts of students, families, faculty, staff, and community members who contributed to student wellness throughout the school year.