

# **Lucille M. Nixon Elementary School Site Council 2009-2010**

## **Meeting Minutes**

**October 5, 2009**

### **In Attendance**

Mary Pat O'Connell  
Megan Cox  
Stephanie Han  
Kristina Hayes  
Sarah Patanroi

Ruth Daines  
Alli Deeter  
Julie Tomz

- The Site Council began the meeting by approving the minutes for the previous Site Council meeting.
- Megan noted that, in response to a question raised at the last meeting, there is no requirement that an ELAC representative be on the Site Council, but input should and will be obtained and provided.

### **Agenda Item 1: Sharing of Single Plan for Student Achievement Final Report 2008-09**

- The Site Council reviewed Nixon's answers to the Assessment and Evaluation Questions About Site Strategies and School Improvement Activities in the Final Report.
- The Site Council suggested minor modifications to a few of the answers.
- In reviewing these answers, Mary Pat noted that the principals of all the Palo Alto elementary schools meet to share ideas/best practices.

### **Agenda Item 2: Discussion of Goals and Strategies for Physical Health and Wellness Focus for 2009-10**

- Mary Pat requested input on ways to enhance students' physical health and wellness. She noted that teachers currently have the freedom to take a brief time during the day for exercise (e.g., a run around the playground).
- Ideas included:
  - Look into a program on personal safety, e.g., Kid Power

- Look into a program on how to handle stress.
- Keep encouraging students to walk/bike to school.
- Consider a regular day when the entire school (in groups) does a short jog around school grounds together.
- Consider implementing a “jogging club” similar to the one at Escondido, in which a ¼ mile walking/running course is identified in the playground area where students can run as desired during recess or before/after school, and they can then keep track of their accumulated miles run throughout the year.
- Encourage in other classes a student-led initiative to identify favorite healthy snacks for parents/kids to bring in on special occasions (parties, birthdays, etc.).
- Consider how to continue to improve the food offered at hot lunch. Mary Pat noted that she tries to encourage students in the lunch line to pick a fruit.
- As some teachers are doing, implement activities suggested on the webpage of The Best Me assembly presented by Kaiser Permanente earlier this year (e.g., ask students to identify their personal “best me” challenge).
- Consider keeping track of certain activities that children do that enhance physical health/wellness (e.g., “toe tokens” awarded to kids who walk/bike to school or who achieve a personal wellness challenge, as different children may have different wellness needs/goals).
- Consider a program like Jump Rope for Heart. Kristina Hayes noted that her 3<sup>rd</sup>-grade class is focusing on activities about heart-healthy food during Valentine’s celebrations in February.
- Ruth offered to bring up these ideas for discussion with the PTA, to see if it is possible to recruit volunteers to head up some of these efforts.

**Agenda Item 3: Discussion of Possible Outreach Strategies to Parents About Our Lifeskills Program and “Talk It Out” Conflict Resolution Curriculum**

- This item was tabled until the next meeting due to time constraints.