



Grimmway Academy Arvin Wellness Committee Annual Report

2016-2017 Wellness Committee meeting dates:

- September 29, 2016
- December 12, 2016
- February 28, 2017
- May 16, 2017

This year, Grimmway Academy Arvin's Wellness Committee (WC), comprised of teachers, administration, physical education teacher, nutrition staff, CMO staff, GFEF staff and parent representatives, reviewed and revised the Grimmway Academy Arvin (GAA) Wellness Policy (WP). This revision brought the current WP into compliance with the new regulations set by the USDA and Healthy Schools Program. The following changes were made to the existing WP:

- The role of the WC was outlined.
- Policies for implementation, monitoring, accountability, and community engagement were added.
- Sections about competitive foods and fundraising were added.
- A section for physical education was added.
- A section for additional activities to promote student and staff wellness was added.

The updated policy was presented to the Grimmway Academy Board of Directors and approved on October 24, 2016.

During the school year, the WC formed and executed the following goals:

- Grimmway Academy Farmers Market
 - On October 13, 2016, Grimmway Academy hosted its first Farmer's Market which hosted seven vendors and provided reduced price produce to the families of GA and the community of Arvin.
- Create and distribute a GA staff wellness survey
 - This survey helped in the creation of staff activities surrounding wellness along with the start of a walk/run club for employees of GA.
- Grimmway Academy Wellness Fair
 - On April 20, 2017, Grimmway Academy hosted its second Wellness Fair which hosted 16 vendors, including community services, local fire and police departments, and booths hosted by each grade level with wellness activities.

During the school year, the WC created the following goals to carry on to next year's WC:

- Garden Box Program
 - A program to teach parents and students to build garden boxes for their homes along with classes on how to tend to the boxes. The WC would like to find the funding to be able to provide all families chosen for the program with the materials to build and maintain their boxes.
- Garden and Cooking YouTube Channel
 - The WC would like to work toward filming cooking and gardening lessons to be posted on a YouTube channel that is accessible to all parents of Grimmway Academy.
- Cook Book
 - The WC would like to create a cook book of healthy recipes provided by the Grimmway Academy Café and Edible Schoolyard so all families have access to fresh, healthy recipes.

Next year's WC will be looking for new members in September 2017. If you are interested in becoming a member or attending Wellness Meetings, look for information about the WC online and in materials sent home with your student.