

River City Science Academy Wellness Committee MEETING

**12/17/2025
12:00 PM
River City Science Academy
7565 Beach Blv
Jacksonville, FL 32216**

Attendance: Abigail Soto (Student Government Club), Ahmet Temel (Administrator), Yasin Kurt (Business Manager), Selcuk Buyuksarac (PR Director, and fitness manager), Nicole Spanbauer (Principal), Angeline Buyuksarac (Food Service Director), Mesut Erdogan (Principal), Megan Jackson (Principal), Joseph Gerace (Health Teacher and Athletic Coach), Havka Avdic (Nurse), Michelle Reese (SLA Manager), Recep Yagci(Parent).

Agenda

Assessment of Wellness Policy

Review of Wellness policy

Closure

Wellness Policy Implementation Review

The wellness committee met at 12:00pm via Zoom. The purpose of the annual meeting was to review school wellness activities, assess implementation of the wellness policy, and identify strengths and areas for improvement. Participants introduced themselves and discussed the meeting goals.

Members were encouraged to provide comments on wellness policy implementation, including successful components, challenges, and priority areas for next year. No comments were made regarding these items

Nutrition & Food Service Review

The committee discussed plans to transition to a halal menu option for the next school year, pending menu creation and cost evaluation.

Michelle reported increased sales at River City Upper, while Mandarin campus adjusted menu offerings to address declining participation. Abigail Soto shared positive student feedback on improved lunch options, though long lunch lines during club meetings were noted.

The group discussed Thanksgiving lunch promotions and explored solutions for students missing meals due to club meetings, including line priority or passes. Abigail noted that passes might not be effective.

Student Wellness and Sports Updates

Joseph Gerace reported successful sharing of PE resources between elementary and middle school campuses and the addition of a new fenced recess area. Female sports participation remains lower than expected, attributed to skill gaps and lack of interest.

Abigail Soto reported increased interest in athletics, particularly weightlifting and cross-country. Megan Jackson shared efforts to integrate STEM into the PE program using technology.

A brief mention of overall health and wellness trends was made, though no specific updates were provided.

Student Health Services Update

Havka Avdic reported an increase in student illness and reviewed policies on fever, diarrhea, and vomiting. She is sending newsletters emphasizing handwashing and sanitizing and is scheduling anaphylaxis and epinephrine administration training for staff.

Hearing and vision screenings are on schedule, with high numbers of vision referrals. BMI and scoliosis screenings will begin after the new year. Additional wellness resources will be explored for the next meeting.

Community & Family Engagement and Wellness Initiatives

The committee discussed promoting healthy lifestyle initiatives. Megan Jackson suggested a campus-wide step challenge for families. Selcuk Buyuksarac recommended healthier food options and club-based fundraising to reduce sugar consumption.

Yasin clarified that food trucks are not permitted during lunch periods due to NSLP requirements but are allowed after school and on weekends. Extending wellness challenges to students and parents were discussed. Angeline Buyuksarac expressed appreciation for continued communication regarding cafeteria issues.

Wellness Goals Verification

The committee confirmed that all wellness goals were satisfied based on:

- Student schedules, curriculum, extracurricular offerings, and lunch program
- Compliance with School Meal standards
- Mealtime and scheduling criteria
- Nutrition Education and Promotion guidelines
- Integration of physical activity in classrooms
- Physical activity opportunities and PE requirements

The committee was pleased with the overall success of the program.

Review of Wellness Policy

The committee reviewed the wellness policy and noted no significant changes other than confirming that the committee is required to meet once annually.

Adjournment

The meeting was adjourned at 12:45pm.