

Wellness Committee Meeting

Meeting Agenda/Action Record

Team: Wellness Ambassadors Date: 4/13/2023 Time: 4:00

<p><u>Team Members Present:</u> Christine Arndt Vinni Biancalana Lisa Boone Lenayn Janusz Sallymar McBean Michelle Philippsen</p>	<p><u>Norms:</u> <i>Take an inquiry stance</i> <i>Assume positive intentions</i> <i>Stick to protocol (task at hand)</i> <i>Be here now</i> <i>Ground statements in evidence</i> <i>Start and end on time</i> <i>Adhere to team decisions</i></p>
<p>Roles: Facilitator (be sure to review norms): Projector Person:</p>	
<p style="text-align: right;">Recorder: Christine Timekeeper:</p>	
<p>Document Links: Embedded in Agenda</p>	
<p>To Prepare for this Meeting, Please:</p> <ul style="list-style-type: none"> ● Review the Current Wellness Policy ● Make notes of any changes, suggestions 	

<p>Purposes for Meeting:</p> <ol style="list-style-type: none"> 1. Triennial Assessment review of the District's Wellness Policy 	
<p>Time</p>	<p>Purpose / Goal(s) for this meeting:</p> <ul style="list-style-type: none"> ● Review the current Wellness Policy for the District -Wellness Policy Wellness Content Check List <ol style="list-style-type: none"> 1. Review/Assess the Wellness Policy The committee reviewed and discussed the current Wellness Policy. 2. Discuss whether or not our current practices align with what is in the policy.

The committee felt that the current practices align with the current policy.

-It was shared that the additional recess time has had a positive impact on students.

-The District has been able to provide more variety of food options this year due to availability from suppliers that has been an issue since the pandemic.

-The building principals have been looking at the possibility of utilizing round tables in the cafeterias.

-It was shared that they would like to play classical/cultural music during lunch times.

3. Discuss any changes, additions, or subtractions, that the committee recommends based on our current practices or based on what the committee would like to see our current practices be.

The committee discussed different activities to offer in the upcoming school year through the Wellness Committee.

1. The committee would like to work with the Curriculum Director and have a document that lists what health/nutrition curriculum is taught in each grade level designating if it is taught in P.E. or as part of the Science Curriculum. Possibly bring back the grade level curriculum brochures.
2. The committee would like to promote Wellness activities throughout the school year.
 - Back-To-School Bash: Work with the PTO to offer different activities for students and their families to promote Wellness and Exercise (Bouncy House, Bike Rodeo, etc.).
 - Work with Girl Scouts and Boy Scouts.
3. The committee would like to possibly see a Wellness Fair (like the one we had planned before the pandemic) to promote wellness in the community.
4. The food service newsletter is not always read by the parents. It was suggested that they also be sent out through Skylert as well as in the Principal newsletters.
5. The YUKA app was shared. This is a great tool to help families identify which food items (snacks) are healthy choices for their students/families.

4. Final Product: List of recommendations (if any) changes to the policy.

	<p>There were no recommendations/changes to the policy.</p> <p>5. Our recommendations will be shared with the administrative team, after they review, they will make a recommendation to the School Board.</p> <p>6. Questions/Comments.</p> <p>Wellness Policy is posted on the Big Hollow website. Go to the parent tab, click on Health/Wellness, it is the first tab: District Wellness Policy.</p> <p>School Board Policy 6:50 6:50 School Wellness</p>
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Discussions / Decision Summary:

What follow-up is needed based on the information shared at this meeting?

<u>Action Steps:</u>	<u>Person Responsible:</u>
<u>Agenda for Next Meeting:</u>	<u>Data to collect and bring to next meeting:</u>
<u>Reflection of Norms:</u>	<u>Date/Time of next meeting:</u> April of 2024