

Wellness Committee Meeting

November 28, 2017

4:00 p.m.

Old Quarry Conference Room

Agenda

- A. Call to Order
- B. Pledge of Allegiance
- C. Review and Approval of Minutes from April 11, 2017, Meeting
- D. Comments from Audience
- E. Wellness Action Plan Items for 2017-2018
 - Continue daily physical education in grades K-8.
 - Brain breaks in classrooms- follow up
 - Encourage nutritious choices at lunch through lunchroom activities.
 - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
 - Suggestion of staff yoga at OQ
 - Follow up to '17 suggestions of other staff activities
 - Implement K-5 Family Fitness Night [PTO Wellness].
 - Conduct 3-year Wellness Policy/Plan evaluation.
 - Conduct a staff needs assessment regarding wellness initiatives [in conjunction with District Insurance Committee].
 - Solicit feedback from staff, parents and students regarding the District's Wellness Policy and 3-Year Plan.
 - Present evaluation and recommendations for improvement to Board of Education.
- F. PTO Wellness Update
- G. Membership Recruitment
- H. Other Items from Members
- I. Adjournment

