

# Wellness Committee Meeting

April 11, 2017

3:45 p.m.

River Valley Office Conference Room\*

## Agenda

- A. Call to Order
- B. Pledge of Allegiance
- C. Review and Approval of Minutes from January 24, 2017, Meeting
- D. Comments from Audience
- E. Introduction of New Chairperson: Susan Wulczyn
- F. Wellness Action Plan Items for 2016-2017
  - Food Service Bid
    - Results of food service bid survey
    - Next steps
  - District-wide Staff Fitness or Athletic Event/s
    - Results of staff survey
    - Next steps
- G. Wellness Action Plan Items for 2017-2018
  - Continue daily physical education in grades K-8.
  - Encourage nutritious choices at lunch through lunchroom activities.
  - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
  - Implement K-5 Family Fitness Night [PTO Wellness].
  - 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.
  - Conduct 3-year Wellness Policy/Plan evaluation.
  - Present evaluation and recommendations for improvement to Board of Education.
- H. PTO Wellness Update
- I. Membership Recruitment
- J. Other Items from Members
- K. Adjournment

\*LRC may be alternate location for meeting if Conf Room is in use.

