

Wellness Committee Meeting

Minutes: April 12, 2012

River Valley Room 15

Members Present:

Melanie Earnest Mary Gricus Lynne Halper
Bev O'Rozco Erin Szczepanski

The meeting began at 4:05 p.m.

A. Public Comments

None

B. Consideration of Approval for Minutes from Meeting on March 8, 2012

Bev O'Rozco made a motion to approve the minutes as presented. Melanie Earnest seconded the motion. By voice vote of "aye/nay," all committee members concurred with the approval of the minutes. The motion passed.

C. Review of Oakwood/River Valley Family Fitness Event

Committee members Melanie Earnest and Mary Gricus provided a review of the Oakwood/River Valley family fitness event that took place on March 22, 2012. They noted that the event was well organized and spread out between the two schools in a manner that allowed students and parents to try many activities. The participants appeared to enjoy the various physical activities and nutritional samples that were available for all.

D. Evaluation of Wellness Policy and Plan: *WellSAT (Yale Rudd Center)*

Committee members used the WellSat instrument to evaluate our current Wellness Policy (Board Policy 6:50). As committee members worked through the evaluation tool, they noted that the tool was not differentiating between policy and procedure/plan. The committee decided to complete one version of the evaluation to address our policy only. A second evaluation was completed to review our overall Wellness Policy and Wellness Plan. The results of the evaluation will be used by committee members to update the 3-Year Wellness Plan at the May meeting. In compliance with Board policy and federal mandate, the results of the evaluation will also be reported to the Board of Education and posted on the website for parent and community member review.

Meeting adjourned at 5:15 p.m.