

Wellness Committee Meeting

October 4, 2012

4:00 – 5:30 p.m. in River Valley Room 15

Agenda

- A. Introductions
- B. Review and Approval of Minutes from May 17, 2012, Meeting
- C. Review of Committee's Charge and 2012-2013 Meeting Schedule
- D. Wellness Committee Tasks for 2012-2013
 - Conduct a half-day staff wellness institute on January 31st
 - Implement K-4 Family Fitness Night
 - Promote fitness, nutrition and health/wellness through "Wellness Website of the Month" for staff, and school newsletters and the district's website for students and families
 - Implement nutrition education lessons in physical education, health and science classes
 - Promote the use of Old Quarry's fitness center for staff; strive to eliminate barriers to access and participation
 - Solicit feedback from staff, parents and students regarding the District's Wellness Policy, Evaluation and 3-Year Plan
- E. Wellness Institute Planning
- F. Other Items from Members

Next Committee Meeting: November 5, 2012

