

# Wellness and Safety Committee Meeting

September 19, 2018

5:00-6:00 p.m. (\*Meeting will adjourn promptly at 6pm.)

Old Quarry Conference room

## Agenda

- A. Call to Order
- B. Pledge of Allegiance
- C. Introduction of new members
- D. Review and Approval of [Minutes](#) from the April 18, 2018 Meeting
- E. Comments from Audience
- F. Wellness Action Plan Items for 2018-2019 (20 minutes)
  - a. Support staff wellness efforts through offering at least one healthy lifestyle group, staff exercise class, or other.
  - b. Continue the use of brain breaks and physical activity at all levels
  - c. Update on District Wellness Plan evaluation- postponed until the next meeting
  - d. Implement K-5 Family Fitness Night
  - e. Promote increased opportunities for non-competitive extra-curricular activities at OQ- update from S. Kleehammer
  - f. Encourage nutritious choices at lunch through lunchroom activities- update from L. Hanson
  - g. Conduct a Wellness Fair- September 8, 2018 in conjunction with the OQ PTO-sponsored Color Run- update from S. Wulczyn
- G. Safety action items (20 minutes)
  - a. Presentation by Adrienne Landgrave- Sandy Hook Promise- postponed until the next meeting
  - b. Review recommendation for employment of a School Resource Officer- update from Dr. Orzel
  - c. Other Items from Members
- H. Recommendation for subsequent meetings- December 19 and March 20 at 5 PM; others as required- (5 minutes)
- I. Adjournment

