

Wellness Committee Meeting

January 23, 2018

4:00 p.m.

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 November 28, 2017, Meeting
- E. Comments from Audience
- F. Wellness Action Plan Items for 2017-2018
 - Continue daily physical education in grades K-8.
 - Review use of brain breaks in OW/RV classrooms
 - Review use of Goo Noodle in kindergarten classes
 - Encourage nutritious choices at lunch through lunchroom activities.
 - Discussion of possible changes to the Chartwells options
 - Follow up on proposed "Food Committee"
 - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
 - Results will be reviewed below in the context of the staff needs assessment
 - Implement K-5 Family Fitness Night [PTO Wellness]
 - Conduct 3-year Wellness Policy/Plan evaluation.
 - Review results of staff needs assessment regarding wellness initiatives conducted in conjunction with District Insurance Committee
 - Completion of policy/plan evaluation using WellSAT 2.0; discuss how to solicit feedback from staff, parents and students regarding the District's Wellness Policy and 3-Year Plan.
- G. PTO Wellness Update
- H. Membership Recruitment update
- I. Screen time and nutrition for athletes- follow up from the OQ health teacher
- J. Other Items from Members
- K. Adjournment

