

# Wellness Committee Meeting

March 5, 2018

5:30 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 January 23, 2018 Meeting
- E. Comments from Audience
- F. Wellness Action Plan Items for 2017-2018
  - Support staff wellness efforts through healthy lifestyle groups, staff exercise classes, and the like.
    - Revisit survey results and plan for implementation of staff wellness activity
  - Implement K-5 Family Fitness Night - report on success
  - Conduct 3-year Wellness Policy/Plan evaluation.
    - Review work of the Board policy committee
    - Discuss next steps with development of 3-year Wellness Plan
  - Encourage nutritious choices at lunch through lunchroom activities.
    - Follow up on "Food Committee" activities
- G. Change in Committee name and scope
- H. Other Items from Members
- I. Adjournment

