

January 23, 2018

Minutes- Wellness Committee

Welcome and Introductions

- In attendance: attendees will be listed in the sign in sheet.

Virginia recaps on getting the Wellness Policy revised and approved in 2017. She ran it through the USDA format and everything was good with it. She mentions that it is mandatory to review it every 3 years, but suggests the Committee looks at the Policy at the beginning of each school year to see what worked and evaluate possible changes.

She presented the list of Wellness Coordinators proposed for each school site. We will be having a site coordinator orientation meeting next Monday, January 29, in the District Board Room. Betina will send a reminder; everybody in the Committee is welcome to attend. Bob Watson asked if a template for the goals would be provided to site coordinators. Virginia answered that Appendix B in the Policy has suggested goals for each of the 3 categories.

Bob mentions he is working, as he is CVHS site coordinator, on setting up a site wellness committee with the school career counselor, the PE teacher and the kitchen manager.

Virginia stated that several copies of the Wellness Policy are available at every school site for parents and students to consult, as well as in the District website. Bill asks to make sure that a copy is sent to every counseling office.

Virginia says she attended the principal's meeting last fall to present the need of a site representative.

At the meeting on Monday, January 29th, she will present the form to set up an implementation plan. It is a simple form to be used as a tool with their site committees to set up site goals. She does not need to submit the goals to the State until May 2018. She will suggest that schools invite students to be part of the Wellness Committee.

Tammy Adams mentions the Elementary schools Jog-a-thons and different running events as possible programs to be included in the Wellness goals. She reported that the elementary schools started a Kindness program this week that can also be part of a wellness goal.

Virginia proposed sending an email to all committee members to survey them in the availability for meetings before setting up the SY18-19 meeting schedule. She suggested 9/11/18 as a possible first meeting date for next SY.