WELLNESS COMMITTEE MEETING
October 9, 2019
3:15 - 4:00 PM

Attendees: Facilitator Tammy Emery, Nurse Joan Cobb, PE/Heath Teacher Jacob Domes, Elem. PE Teacher Wendy Stebbins, Principal Renee McNeely and Community Member Tracey Waters

Agenda Items:
Welcome - Thank you everyone for being a part of this committee.
Purpose - Evaluate the current adopted Wellness Policy
  Recommend updates to the policy
Targets - Read through the policy together
  Analyze each module for success
  List any modules not accomplished in the previous school year
  Create a plan to accomplish each module in the current school year
Wrap up - Does the policy require updating for the 2019-20 school year
  Next meeting date - Fall 2020

Module 1: School Health Policies and Environment - In compliance
Mr. Domes is organizing a 5K run for this school year.

Module 2: Health Education - In compliance
B) Included in Prepare U Mental Health Curriculum

Module 3: Physical Education and Other Physical Activity Programs - In compliance
A) Physical Activity: Brain Breaks are encourage and participated in during class instruction time.
   Mr. Domes expressed the need for free weights. He would like to start a weight lifting club.
C) Physical Education Safety Practices: Fourth & Fifth graders are introduced to the Wellness Center through PE curriculum.

Module 4: Nutrition Services - In compliance
Mrs. Emery met with Joan Coleman this morning to review Module 4.

Module 5: Health Services - In compliance
A) Promote knowledge of physical activity and health and wellness: Health Insurance wellness fliers will continue to be posted on the school’s website staff portal.
   Wellness Tips and/or Health Office news will be provided for each edition of the newsletter.
   The Wellness Center is open to employees after work hours and currently four hours a week for the community.

Module 6: Counseling, Psychological, and Social Services - In compliance
Additional resource: Student and Family Support Specialist - Jennifer Schultze

Module 7: Health Promotion for Staff/Faculty - In compliance
A) Health screening for staff/faculty: Mrs. Cobb will offer all staff physical health screenings at least once a year.
Module 8: Family and Community Involvement - In compliance
A) Community access to school facilities: two community members have stepped up to volunteer in the Wellness Center to increase hours for community use.
B) Community health and wellness education: provided in the newsletter.
   A hydroponics system is being constructed in the STEAM classroom.

Policy revision guidelines:
The Wellness Committee will post the Wellness Policy assessment on the website following the October meeting each year.