

## 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.