

District Wellness Committee - Meeting Minutes

Wednesday, October 8, 2014, 3:30pm in the Conference Room at the High School

Present: Theresa P., Carina D., Tracy S., Tracey Benkosky, JoAn S., Eileen M., Jesse M., Carolyn E., Maria B., Paula R., Danuta R., Brenda T., Barb P., Jean W., and Jess W.

1. **Introductions:** Carolyn brought the meeting to order at 3:40pm, by asking the group to introduce themselves.
2. **Priorities:** Carolyn then asked the group to take a minute and write down three things they see as priorities for this committee. Once that was done, she had the group share their suggestions:
 - More guest speakers: reaching out to families as well as staff members
 - More awareness of drugs in our community and help with enlisting parental support
 - Back to basics; vision of wellness policy. The policy needs to be more visible to the community so that the community knows what our current efforts are in fostering life-long healthy habits
 - Promote things we do in the individual schools so that all schools and the communities are aware of what is happening in the District in regard to wellness
 - The High School's wellness policy needs to be resurrected, it has been red-lined for years
 - Social Emotional Curriculum K-12. Responsive Classroom, Open Circle, Social Thinking are things we are already doing; should we choose one program or continue to use several?
 - Strengthening nutrition programs by supporting programs such as farm to school, community dinners and marketing to the community and District the ideas we are utilizing
 - We need to begin to evaluate, measure and document what we are doing so that we know if our current policy is working; this is necessary and part of the State mandate
 - We need a way to measure the impact of the changes make on programs that are already in place. For example; the start time for the MS was changed to 10 minutes earlier, this small change has made it nearly impossible for the students that receive breakfast at school to have time to eat it
 - Collaboration of committee decisions is one way to make sure that the decisions of one committee do not have an adverse effect on another committee's decisions. Carolyn noted that she uses Survey Monkey a lot to collect information so that she can make informed decisions.
3. **Homework for November:** Carolyn asked the committee members to read through the current Wellness Policy and through the State's requirements for a wellness policy so that we would have a clear idea how our policy goes beyond what the State mandates. At the November meeting we will review the content, talk about where we are now, what is working and how we can prove it is working. Both Policies are located on our website under STUDENTS- FAMILY SUPPORT at the bottom of the page.
4. **Wellness Policy:** Currently the State mandate only requires us to have two components to our policy, nutrition and physical activity. The group would like to see us add a few more components, such as social emotional, and depression and anxiety, and drugs and alcohol, as these areas are all just as important to wellness as nutrition and physical activity.
5. **December Meeting Topics:** Reviewing other school's wellness policies to get ideas for improvement. Eileen brought an example from a school district in Colorado. Carolyn suggested that we table this conversation until the December meeting at which time we could all bring in examples we would like to share. At the December meeting we will continue to discuss how to review and measure the success of our own policy.
6. **January Meeting Topics:** Go forth and get feedback from the District. Look at adding components to the policy. Drug and alcohol, suicide prevention, and mental health.
7. **Meeting Dates for the Year:** Second Wednesday of each month. November 12, December 10, January 14, February 11, March 11, April 8 and May 13.

Minutes respectfully submitted by, Theresa Proia