

Wellness Committee

Wednesday, December 10, 2014 at 3:30pm in the ORHS Conference Room

Attendees: Carolyn Eastman, Catherine Moore, Carina Dolcino, and Jesse Morrell

Updates: Each school present updated on January wellness meetings in their buildings.

- **MW:** Doris is coming – menu planning
- **MOH:** Goal setting meeting and planning May Diversity Day

Doris in Food Service Asked Carolyn to share:

1. Upcoming cooking classes for parents and children coming in January at MW and MOH – limited to 8 pairs for the first classes.
2. We also were awarded a grant at each of the elementary schools. Doris wanted to remind schools that we cannot use food as rewards and also taking away recess cannot be used as punishment. These are both in the agreement of the grant.

Policies Reviewed: Health Education and Exemption from Instruction (IHAM) and Teaching about Alcohol, Drugs, and Tobacco (IHAMA).

- **Drug and Alcohol Policy:** Not in wellness policy. Wellness is geared toward nutrition and fitness. We are hopeful that we will add this to the ORCSD wellness policy this year.
- **Opt-Out form on the reverse side of the Health Education and Exemption from Instruction form:** The recommendation was to change the Opt-Out form on the reverse side of the On the back of the Health Education and Exemption from Instruction (IHAM) form to a more open ended form so that parents could list the topics that they do not want their children to participate in.

Doodle Poll: It was recommended to create a Doodle Poll to find a date that works for the majority of the committee.