

## Nov 13, 2023 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould, Brian Regan, Leslie Levine, Robert Reichardt, Lisa Mehlbrech, Erika Haraguchi, Margaret Wilson, Misty Fritz, Sue Chandler, Cathleen Petrovich, Emily Gustafson

Notes:

Discussed background of committee-formed as part of requirements for National School Lunch Program from the Healthy Hungry Free Kids act in 2010. Wanted to focus on getting PE into classrooms and involving Nutrition Services. At that time, there were a lot of grants related to wellness. Grant funding ran out around Covid and the committee dissolved for a short time and was reinstated last year. Moving into this year, Nutrition Services will run the committee.

Focus and Goals for this Committee:

- Being student-focused.
- Partnering with staff-focused wellness.
- Track our performance and create a roadmap for this committee.
- Noting our strengths and areas for improvement.
- Reviewing our purpose and policies.
- Recruit members to add input to this committee.
- Revising goals and looping in board and superintendent.

Questions and Thoughts:

- Discussed accountability
- Thinking about the audience for this work and services we can provide
  - How to gather this information via surveys, event planning, etc.
- Historical data and surveys that we may have access to to help our future efforts
  - Researching survey results from Colorado Education website and school/district level
- Discussed nutritional education in the classroom
- Are there schools that are already implementing activities related to wellness?
- Discussed mental health as it relates to wellness

Implementation:

- Should we pilot ideas at one school?
- Are there certain things we come up with that would be better to start the following school year?
- Is there a teacher that would be a good champion for something we want to implement?
- Ideas like Walk/Bike to school days
  - Considering safety and challenges of consolidation of schools limiting walkability