

District Wellness Committee Meeting 12/05/22

Committee Members Present: Thomas Babaian, Taryn Temmallo, Joanne Morrison, Zachary Medlock, Sam Kowal

3:30-4:30 pm

1. *Committee Overview*

a. Committee welcomed all members and explained the purpose and importance of the group. Discussed bringing in new committee members from throughout the district with different specialties.

b. Purpose – this committee is a state regulated committee charged with the task of developing and enforcing the district wellness policy

2. *Tasks*

a. Review current Wellness Policy focusing our goal towards nutrition education and physical activity

b. Review *Healthy Schools Program Framework* PDF to determine the best way to implement the wellness framework

c. Review checklist from *Healthy School Programs* and assess where each school is individually in terms of nutrition, physical activity, comprehensive health, and employee wellness

d. Reach out to staff/community members to participate in committee

3. *Next Meeting*

a. Plan to meet February 6 2023. All members agree to the terms of meeting at a minimum of four times throughout the school year.

b. Brainstorm SMART goal based on the assessment needs of each school