District Wellness Committee   
Meeting Minutes 4.10.2023  
3:30-4:30 pm

**Agenda:**

1. Introductions - What is one fun fact, idea, or question you could share about healthy eating?
2. Share observations from reading the Policy and take notes:
   1. DISTRICT WELLNESS COMMITTEE
   2. WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT
      1. Implementation Plan
      2. Annual Notification of Policy
      3. Triennial Progress Assessments
      4. Recordkeeping
      5. Community Involvement, Outreach and Communications
   3. NUTRITION
      1. School Meals
      2. Staff Qualifications and Professional Development
      3. Water
      4. Competitive Foods and Beverages and Marketing of Same in Schools
      5. Celebrations and Rewards
      6. Food Sale Fundraising
      7. Nutrition Promotion
      8. Nutrition Education
   4. PHYSICAL ACTIVITY
      1. Classroom Physical Activity Breaks
      2. Before and After School Activities
      3. Walking and Biking to School
   5. OTHER ACTIVITIES TO PROMOTE STUDENT WELLNESS
   6. PROFESSIONAL LEARNING
3. Share  agenda/minutes from PES (Sam) and PMS (Joanne) Wellness Committee Meetings.
4. Discuss/ review any wellness policies from other districts.
5. Draft  thoughts on which people need to be added to the district committee and how the school and district committees could work together successfully.
6. Set  a work day for the committee in June.