

## **STUDENT WELLNESS COMMITTEE MEETING MINUTES**

Feb. 5, 2019 3-4 p.m.

In Attendance: S.Lee, M. Bottoni, J. Amspoker, R. Foreman, E. Lipstraw, R. Hostetler,  
M. Puffenberger, J. Bayer, S. Preciado

1. Reviewed form "Student Wellness Policy Implementation Assessment". Shared with committee as google doc. Asked for feedback and then will share with committee, principals and curriculum director for completion of form. Discussion of having students and parents complete form if desired.
2. Reviewed with group strategies discussed by each subgroup of Improving Students Physical Activity and Nutrition Education.
  - Strategies for Improved Student Physical Activity**
    - Make up specials in all buildings when school is missed (Holiday, Calamity, etc...)
    - Classroom movement goal (2 minute of movement every 30 minutes)
    - Wellness Coordinator Supplementals
      - After school Wellness/Mindfulness
    - Go Ninja Program
    - First Tee Program
    - Bring your parent to PE
    - PE Equipment
    - Student Wellness Fair
  - Strategies for Nutrition Education**
    - Nutrient labelling of entrees, snacks etc at high school
    - Post nutrition information on website
3. Broke into small groups to continue discussion.