

# Wellness Committee Meeting

## September 29, 2022

2:45 pm in Conference Room

(Alissa Goguen, Mary Casey, Dave Marlin, TJ Kent, Barbara Beblowski)



### 🍏 Responsibilities of Wellness Committee

The team discussed the responsibilities of the wellness committee which includes monitoring and implementing the school Wellness Policy and helping with the Triennial Assessment. Barbara Beblowski offered to be the notetaker for the year and take minutes.

### 🍏 Review Wellness Triennial Assessment results with team

Team reviewed results and discussed areas for improvement such as family involvement and building of curriculum. Overall, the school performed well on the assessment.

### 🍏 Upcoming Health Events

Flu Clinic for staff took place on Thursday September 29th- The flu clinic went well and 22 people received the flu vaccine.

Vision Screening- A notice will go out to parents next week regarding the vision screening. The Lions Club will be at the school on October 17th and 18th to complete the screenings. Students in grades Pre K-6 are mandated to have a vision screening.

### 🍏 Share out Goals for Nutrition Standards and physical activity and education.

The team discussed possible school goals for nutrition and physical education. The following goals will be worked on this year; Incorporate nutrition education into the curriculum in a hands on and interdisciplinary matter, provide health/physical activities and events for students, staff and families, Enhance and improve the district's physical education curriculum, and increase students' physical activity levels throughout the day. The team began discussing action steps for each goal and an action plan will be created at the next meeting.

This year middle school students have an extra PE each week. The team discussed different activities for the students to participate in during this time. A student survey for the middle school will be created to ask the students what activities they would like to participate in during PE.