

## Sep 17, 2024 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould Emily Gustafson Alissa Powell Brian Regan Jo Fountain  
Kimberly Bryant Leslie Levine Logan Meier Misty Fritz Sarah Bigham Teresa Burden  
Jason Hill

### Summary:

The committee kicked off the first meeting of the 2024-2025 school year by welcoming additional site-based participants including Principals from The Village Early Childhood Education and Ford Elementary, Assistant Principals from Hopkins Elementary and Powell Middle School, and the Mental Health Professional and Physical Education Teacher from Runyon Elementary, among returning members from last year. We recapped the committee's purpose, as well as the efforts from last year, while looking toward some goals for this school year.

### Wellness Committee History

- **Wellness Board Policy**
  - Lens of student wellness and as it impacts food/nutrition
  - Board policy is very focused on food and activity
    - We try to stay to these parameters as there is a separate committee for mental health
  - NSLP requires a wellness committee to ensure that wellness practices are happening throughout the district
  - Review of 3 Board Policy goals
  - Give autonomy at school level for wellness as they see fit
  - How we teach wellness through physical activity and nutrition and then practicing it.
- **Recap of Last Year's Meetings/progress**
  - Spent good portion reviewing our policies/comparing to other districts' policies
    - Determined our policy is strong
  - Area of opportunity—looking into site-based data
  - In our review, we realized we are compliant with the policy, however there are areas for improvement
    - Best practices guide—starting point
- **Goals for This Year**
  - Recruitment, Identifying Wellness Champions at each site, and communicating our efforts
    - Examining benefits of recess before lunch.
    - Examining plate waste and how we can improve that
    - Promoting different wellness categories at different times of the year

-Ex. Promoting physical activity during warm weather months, more nutrition based concepts around holidays, environmental wellness around Earth Day, etc.

- **Things that are already being done:**

**Runyon-** Run Club in the morning, extracurricular.

**Powell-** Friday volleyball club for staff members

**Ford-** Staff pickleball

-2 hydroponic gardens run by 5th grade ambassadors—responsible for making sure chemicals are correct, temperature, share with the kitchen and classrooms

Many schools might have an outdoor garden.

**Hopkins-** Movement matters club after school—just focusing on movement, not a specific activity or sport. Desk bicycles in the library. Big push to full-time PE for more movement for the students

Fun-Runs— A lot of elementaries do these

Girls on the Run— After school program

**Powell-** Fun runs, looking to do Girls on the Run. Cooking club, not necessarily a health based

**Village-** Garden. Young athletes—first recess is an organized activity for the first 5 or 6 minutes, large motor activity. Line dancing after school.

Action items

- Trying to find champion at the site-level**
  - Giving guidance**
- Getting the ideas we'd like to share with the champion**
  - Things that are already happening, how we can promote it**
- Best practices**
- If this group could start thinking of an activity that we could do this year and partner together**