

# WELLNESS COMMITTEE MEETING

October 20, 2022

1:30 PM – 2:15 PM

[View Video Recording Here](#)

Please review the following District policies in advance of the meeting:

[Wellness Policy #5405](#); [Meal Shaming Policy #8505](#)

## Agenda – Meeting 1

1. Welcome Back
  - a. Member Introductions
2. Review District Policies
  - a. Wellness - Suggested changes, updates?
  - b. Meal Charging/Shaming – review procedures
3. Old Business
  - a. Student Advisory Group suggestions
  - b. Subcommittee update
    - i. New Chair Needed for Secondary
  - c. Identify building level group to support H&W or sharing directly with Principal
4. Role of Committee Member – Review
  - a. Update Principal on Wellness Committee Meeting
  - b. Principals will be updated during bi-weekly Operations Meeting and recording will be shared
  - c. Educate school principals and school community about smart snacks; Food sold and available in schools; Fundraising Guidelines
  - d. Report out to Wellness Committee school level activities and events
5. Smart Snack/Competitive Food
  - a. Fundraiser Guidelines – Review
  - b. Where to find resources
    - i. District Website
    - ii. Healthier Generation Calculator - DEMO
6. Triennial Assessment
  - a. Policy to Practice Scorecard – Review opportunities

1. Strong Policy & Strong Practices – no further action
  2. Create Practice Implementation Plan
  3. Update Policies
    - a. Practices being implemented, but not written into policy
  4. Opportunities for growth
7. 2022—2023 Wellness Committee Goals
- a. Updating Wellness Policy per Triennial Assessment Results
  - b. Student Advisory Group Re-established with quarterly meetings
  - c. School level support
  - d. Other suggestions
  - e. Improved communication and sharing of resources via dedicated District webpage
8. Food & Nutrition Program Update
- a. School Meals Program 22-23
  - b. School Meal Applications
9. Cafeteria visit before next meeting:
- a. Lunch pass will be provided
  - b. Short feedback form
10. Meeting dates SY 22-23 (Thursdays 1:30 – 2:15PM) – *Locations TBD*
- i. October 20, 2022
  - ii. January 19, 2023
  - iii. March 23, 2023
  - iv. May 18, 2023