

Wayne County District Wellness Committee Meeting Minutes

January 17, 2023

The meeting was held per ZOOM. The following attended the meeting: Sandy Latham RN - Walker School Nurse, Casey Holt - Nutrition Director, Sasha Chaplin – Walker School Counselor, Kristina Morrow – HKC Behavioral Health, Leslie Randall- Monticello Elementary Family Resource Center, Mindy Bell – Bell Elementary School Counselor, Libby Hicks – Monticello Elementary, Kayla Simpson – Middle School, Emma Foster – Walker Family Resource Center, Ashley Thompson – Bell Family Resource Center, Cain Roberts

The District Wellness Policy was sent to all members of the Wellness Committee for review and suggestions for any revisions needed. Kayla Simpson – Middle School Lead Wellness said that Vincent Decker listed as committee member is no longer here. We will remove his name from the member list. No other suggestions for revisions to the District Wellness Policy. Kristi Neal, HKC Behavioral Health asked that the Behavioral Health Staff be sent District Wellness Committee meetings information. We will include them in the District Wellness Committee.

We discussed inviting parents and students to be a part of the District Wellness Committee. The Principals received an email with information and flyers for parents concerning School Wellness. They will contact Sandy Latham with names of any parents/students that are interested.

The Action Plans at present for the District Wellness are: Education and Resources for Parent, Increasing Community Involvement, Professional Development for Physical Education, Not using food as a reward and not using exercise as punishment. Members present agreed to continue to work on these areas.

Discussed Individual School Wellness Policies and meetings to be completed at least 4 times per school year. The School Wellness Policy should reflect the District Wellness Policy and is to be reviewed each year, and if any revisions to the policy are made must be approved by the Site Based Council.

Discussed each school assessing their school wellness on the Alliance for a Healthier Generation website. This should be done at the beginning and end of each school year and updated as needed. Action plans for problems identified can also be done at this site. Casey Holt will complete the Nutrition portion of each school's wellness assessment.

Casey Holt, Nutrition Director, will be reporting at the Board Meeting concerning our District's Activity Report. A report will be sent by email to each member of the District Wellness Committee.

For Employee Wellness, the Biometric Screenings with the Health Department are now being offered in each building for Employees that are interested. The Biometric Screening or the online Health Assessment is to be done if Employees have a Living Well Health Insurance Policy to receive the discounted rate.

We discussed having our meetings per ZOOM due to ease of persons attending, and possibly scheduling the meetings in person at Central Office if this is a problem for any member to attend. Everyone in attendance was in favor of continuing the meetings per ZOOM at this time.

The next meeting is scheduled for Feb. 14, 2023 at 3:45 pm per ZOOM with link to meeting sent prior to the meeting.