

Wellness Meeting Agenda
Feb. 20, 2023

1. Wellness committee - focus on student wellness through staff and food service
 - a. Policy requirements - add a systemic wellness component?
 - i. Needs to be done and approved by Board by June Board meeting and submitted to state by end of June.
 1. Jeff, Jillian, Colleen, Mara
 2. Committee agendas need to be public on website (they are currently)
 - ii. Wellness assessment
 - b. Overview of PCCD grant
 - c. Food service - new USDA requirements
 - d. Need members:
 - i. APC - Mara, Kenie
 - ii. AES - Mallory, Sarah
 - iii. AMS - Colleen
 - iv. AHS - Marnie
 - v. Admin - Jillian
 - vi. Principals -Bill/Keera
 - vii. Parents - Emily
 - viii. Food service - Melissa
 - ix. Student -
 - x. HPE - Phil Coffin
 - xi. Member of the public - Miriam, Stacey Leckonby (412-398-2049 - stacey.leck1@gmail.com)
 - xii. School board member -
 - xiii. Miriam will help with notes and posting minutes, etc.
 - e. Wellness committee structure for meetings - what do we want to do?
 - i. Student focus (need a leader)
 - ii. Staff focus (need a leader)
 - iii. Nutrition/New USDA requirements (Melissa lead?)
2. Start Good Vibes after spring break
3. Relocate calming room in APC
4. Calming spaces for staff?
5. Melissa needs to work with principals about exemptions and inform the admin. on what the rules are around parties, pepperoni sale, Good Lovin' sale, etc.
6. Compassion fatigue
 - a. Marnie has a connection - Dr. Molly Mistretta from Slippery Rock Univ. - speaks to this all over the world
7. Meeting dates:
 - a. March 8 - 2 hour delay (virtual)
 - b. May 3 - 2 hour delay (virtual)