Wellness Committee
October 11, 2022

1. Welcome / Introductions

2. Sign In

3. Secretary Needed - Must post minutes to Food Service Page - This position will be filled by Steph Simock

4. Review of Policy 246 - School Wellness - Updated August 2022, all policies are available to the public

5. Review of Policy 808 - Food Services - Updated May 2022, all policies are available to the public

6. Off-Site Assessment - Tri Annual Assessment Tool is used to ensure all policies are being followed

7. General review of Webpage

8. Wellness Fair - October 2023 - Due to PD days already set for this school year, the plan is to implement the fair for the 2023-2024 school year.

   SUGGESTIONS FOR PRESENTERS/STATIONS
   - Derek Mattison (former student) is opening a personal training studio in the area. Consider approaching him for sessions.
   - Nutritional cooking and meal prep
   - LL Bean plans various activities that may be beneficial to fair
   - West End Yoga can be contacted to use students needing hours for certification

9. New Ideas / Goals
   a. 10,000 steps challenge - Chris Schiffert will meet with Kat Desalva to discuss reimplementing program
   b. Classes / staff opportunities

11. Discussion on the possibility of creating programs to include students in wellness trainings