

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
 10. St. Luke's - **New school doctor** - Dr. Brian Deegan

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