



Brentwood School District Wellness Committee



Date: Wednesday, October 11, 2023

Time: 2:00 p.m.

Location: Virtual ([Zoom Meeting Link](#))

Wellness Program Co-Coordinators: Dr. Alex Tripamer, Carol Eastabrook

Committee Members: Lindsay Spencer, Kerry Trostel, Andrew Miller, Matt Norrid, Lauren Steffens, Anne Bosche, Dr. Melody Tamakloe, Mia Halilovic, Shannon Gruzski, Kristin Clemons, Andrew Gordon, Cari Allen, Aline Holtz, Tammy Norman, Tracy Russo, Shannon Head, Tony Dobson

Agenda

1. **Welcome and Introductions** - Alex Tripamer/Carol Eastabrook
 - Please “sign-in” with your full name and role in the chatbox
2. **Public Comments** - Alex Tripamer/Carol Eastabrook
3. **Review of District Wellness Policy** - [Policy ADF \(linked\)](#) - Alex Tripamer
4. **Student Nutrition Updates from Lauren Steffens (Chartwell’s)** - Lauren Steffens
5. **TrustWellness Updates** - Alex Tripamer
 - Microgrants available to staff
 - Wondr weight loss program
 - Diabetes management
 - Monthly areas of focus
 - Health/Wellness “competitions”
6. **Other Ideas to Promote Wellness Across the District (for 23-24 sy)** - Carol Eastabrook
 - Secondary Lunch Shifts - times adjusted for 23-24
 - Wellness Day on the 23-24 calendar
 - Bingo Card has a space for wellness suggestions
 - “Share-a-Bowl” program at Mark Twain
 - Resources from Children’s Service Fund (for students)
7. **EAP Benefits for Staff** - Matt Norrid
8. **Other Business** - Alex Tripamer/Carol Eastabrook

Next Meeting: Wednesday, April 10, 2024 - 2:00 pm (via Zoom)

Thank you for serving on the Wellness Committee!