

Wellness Committee Minutes
October 17, 2023

1. Welcome / Introductions
2. Sign In
3. Secretary Needed - Must post minutes to Food Service Page
4. Review of [Policy 246](#) - School Wellness
 - a. Food Service ladies are meeting policies as included here
 - b. CEP
 - c. Phys. Ed courses are appropriate
 - d. Each Building has a rep at today's meeting
 - e. Safe drinking water is available throughout our schools
 - f. Food Allergies are accommodated throughout the schools
5. Review of [Policy 808](#) - Food Services
 - a. Menus that meet dietary needs
 - b. Food storage, sanitation, etc. are compliant
6. [Wellness Policy Assessment 2023](#)
 - a. Nutrition Education
 - b. Promotion of Physical activities
7. General review of [Webpage](#)
 - a. P-EBT is ending this month
8. New Ideas / Goals
 - a. 10,000 steps challenge
 - i. Spring-March?
 - b. Classes / staff opportunities
 - i. Sport Event where building compete against other
 - ii. Yoga or meditation sessions offered?
 - iii. Flyer(s) that advertise resources available to staff for mental and physical health (Physical flyer)
 1. Nutritionists
 2. Health classes available/discounts
 - iv. Gratitude card "payment" for complimentary breakfast (monthly)

1. Generic thank you cards available and people fill out for a specific person as payment for the meal.
 2. Committee members track who gets cards and ensure every teacher gets at least one card by Spring
- c. Wellness Fair is no longer an option based on the tightness of PD as scheduled