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