

## Wellness Committee Meeting Minutes

12/07/2022

Present: Erin Johnson, Denise Bergman, Elizabeth Flores, Sarah Ellis, Autum Lussi, Carissa Hershkowitz, Cory Monesmith, Jason Flores, Dylan Healy, Cassie Stoneking.

Absent: Coby Naylor, Ron Lampe, Mark Gorman, Nichole Decker, Anne Marie Davee.

The meeting started at 4:05pm.

Elizabeth Flores, reintroduced Autum Lussi to the committee as the Food Service Director.

We reviewed the policy packets that were completed by site.

Cassie mentioned that the high school is having difficulty gathering information for the packets, was encourage by Erin to speak to Mark about considering to reach out for help.

Cory spoke about Vulture Peak's goals; 1) Incorporate health and nutrition into the PE classes. 2) Each teacher will provide a short (3-5) physical activity break during one of their class periods (3x a week). 3) Promote, advertise, communicate with parents about school lunch and breakfast programs. (Include in the monthly newsletter)

Carissa mentioned that Hassayampa goals include adding field trips to local farms, have brain breaks and continue to promote healthy habits during their PE classes. They have a garden program and plan to expand the program to include more classes.

Autum spoke about adding the roving chef program and adding a fresh fruits where students can try exotic fruits.

Next meeting was scheduled for March 29<sup>th</sup> 2022.

Meeting concluded at 4:30 pm