## Wellness Committee Meeting Agenda

**September 13, 2022**

**Central Office, 6-7 p.m.**

**Scribe:**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
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<tr>
<td><strong>Committee Members Sign-In</strong></td>
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| **Welcome and Introduction** | • Sign In  
 • Meeting Norms  
 • Committee Member Introductions  
 • Approval of Minutes from Spring Meeting                                                                                                   |
| **Purpose of Committee**     | • Assess the school health environment, programs, and policies in place and identify ways to strengthen these to improve the health of students and staff.  
 • Dashboard  
 • Roles and Responsibilities                                                                                                               |
| **Wellness Policy & Procedure** | • Overview of Wellness Policy F-290-P  
 • Triennial Assessment                                                                                                                     |
| **Action Plan**              | • Vision  
 • Mission  
 • Collective Commitments                                                                                                                    |
| **Staff Wellness Survey**    | • Launch 9/1 / Close 9/18  
 • Anonymous but will identify building  
 • Encourage staff to complete the survey                                                                                                     |
| **District Level**           | • Seasons / Themes  
   o September - November – Physical Health  
   o December - February – Nutrition  
   o March - May – Mental Health  
 • Try It Tuesdays - Improve Social Engagement  
 • Staff Communicator Wellness Information  
 • Staff Flu Shot Clinic, Wellness Buss on Tour, HRAs                                                                                       |
| **Building Level**           | • Student Action Teams  
 • Staff Action Teams  
 • Coordinate Initiatives that Fit Your Building  
   o Reward Participation  
   o Get Everyone Involved - Library, PE, Cafeteria, Art, Music  
 • Building Newsletter Wellness Reminders/Information                                                                                     |
| **Plus**                     | • Lactation Accommodations  
 • HVAC Upgrades                                                                                                                             |
| **Delta**                    | •                                                                                                                                         |
| Budget       | ● $1000 per building  
|             | ● Email Nancy when you submit a requisition |
| Open Discussion | ● Send pictures  
|             | ● Share what you are doing in your building  
|             |   o How many students and staff are participating  
|             |   o Measurable Data - minutes on Go Noodle, ounces of water consumed, number of healthy food choices, etc.  
|             | ● What resources do you want to see |
| Important Dates | ● Next Meeting - November 8, 2022 - 6-7 p.m. - CO Board Room |