

Wellness Committee Fall Meeting Minutes
September 5th, 2019
Central Office, 5:30-6:30

Scribe: Natalie Botkin

Attendance (see sign-in for official attendance): Todd Wojciechowski (in place of Denny Lawson), Tonia Herbold, Nancy Leonard, Jason Perkins, Josey McPhail, Somer Norman, Ruth Melvin, Lauren Burton, Natalie Botkin (chair)

Topic	Description
Housekeeping	<ul style="list-style-type: none"> • Meeting Norms • Agenda provided in email format to all 2019/2020 Wellness Committee Members, written copies will be available at meeting • Committee Member Introductions
Quality Tools for Feedback	<ul style="list-style-type: none"> • Plus/Delta • Parking Lot Questions
Purpose of Committee	<ul style="list-style-type: none"> • Empower committee members with facts regarding the district health/wellness happenings • To allow for transparency and aid in our continuous improvement efforts
Student Wellness Initiatives	<ul style="list-style-type: none"> • Running Club, ROAR Run • Extracurricular Activities all ages • Health Screenings • Delta Dental Assemblies • Sweeny Dad's Day with Fitness Instructor • Health Healthy Month – Fun Fit Friday • Food Allergy Awareness – Ky3 Story • Career Fair for Seniors • Curriculum – Daily Integration of healthy & wellness in the classroom • RHS recycling – Key Club
Staff Wellness Initiatives	<ul style="list-style-type: none"> • Wellness on Tour Bus (Mammograms) • Health Risk Appraisals • Annual Flu Shot Clinic (scheduled Oct. 1st & 2nd) • Discounts to local fitness centers • Periodic fitness or health challenges • Cox Fitness classes (3) on-campus spring 2019 • CPR & 1st Aid classes offered • Heart Healty partnership with AHA • Go Red Day
Kids Served through Partnership/Student	<ul style="list-style-type: none"> • Tigert Totes (241) – PHP & Care to Learn • Tooth Truck – Ronald McDonald Tooth Truck • Flu Vaccine Clinic – Jordan Valley Mobile Unit • Eye Exams and Eyeglasses – Dr. Hart & Care to Learn

	<ul style="list-style-type: none"> • Dental Care – Local Dentist, Jordan Valley & Care to Learn • Thanksgiving & Christmas gift baskets – PHP • Shop with a Hero – Republic PD • Books – Ozarks Literacy Council • The Price Tag – Price Leadership Team • One Heart Pantry – Sweeny Leadership Team
Wellness Policy & Procedure ADF, ADF-AP1	<ul style="list-style-type: none"> • Overview of Wellness policy • Open Discussion • What other schools such as Nixa, Springfield, Willard and Ozark are doing. • Things to keep in mind: All food brought in must have a nutrition label per Policy JHCF. All food brought in must be purchased at a store or bakery, individually wrapped or in the original unopened container per Policy EFEA (no homemade).
Vote taken, if any	<ul style="list-style-type: none"> • None
Recommendations to the BOE	<ul style="list-style-type: none"> • 4 Options are recommended to the BOE from the Wellness Committee • Classroom and Birthday Celebrations stay with current policy • Classroom and Birthday Celebration can be any food provided as long as store bought with nutrition label • Classroom parties move to a 3:1 ratio - 3 healthy offerings to 1 unhealthy, birthday celebrations can be any food but healthy items are encouraged • Classroom parties follow SmartSnack guidelines and Birthdays are non-food rewards only
Important Dates	<ul style="list-style-type: none"> • Next Spring Meeting – March 12th, 2020