# 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)

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<th>Topic</th>
<th>Description</th>
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| **Housekeeping**                   | - 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**     | - Plus/Delta  
- Parking Lot Questions                                                                                                                    |
| **Purpose of Committee**           | - 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**   | - 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**     | - Wellness on Tour Bus (Mammograms)  
- Health Risk Appraisals  
- Annual Flu Shot Clinic (scheduled Oct. 1<sup>st</sup> & 2<sup>nd</sup>)  
- Discounts to local fitness centers  
- Periodic fitness or health challenges  
- Cox Fitness classes (3) on-campus spring 2019  
- CPR & 1<sup>st</sup> Aid classes offered  
- Heart Healthy partnership with AHA  
- Go Red Day |
| **Kids Served through Partnership/Student** | - 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 |
| Wellness Policy & Procedure | 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         | None  
| Recommendations to the BOE | 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            | Next Spring Meeting – March 12th, 2020 |