

Wellness Committee Meeting Minutes December 12, 2022

The following members were present:

Chelsea Wiedenhofer, Parent
Jim Shiel, High School Gym Teacher
Patricia Fedinetz
Sally Cowden

We reviewed the Wellness Policy #246 and added suggested changes. Sally will submit to Board for approval.

The Wellness Policy Assessment Tool was reviewed.

We have achieved the "Nutrition Promotion" goal. The "Breakfast Club" meets throughout the year during breakfast. The members are a variety of students that enjoy tasting new products and giving us input regarding the cafeteria.

Nutrition Education goal is moving along. The Freight Farm is now on campus and training is being scheduled.

Physical Activity goal is to involve more students/adults in regular activity (yoga, weight lifting). The weight lifting program is after school. Now we need to get the adults involved.

A Vision Program is being researched.

Next meeting will be scheduled in April 2023.