

Wellness Team Meeting

August 26, 2014

Present:

John Heffernan, Tiffany Grant, Anna Morrison, Erin Luben, Jeff Saptya, Brandi Almario, Rachel Pollard, Keisha Barber, Gretchen Mauney, Michelle Rockwell

Brandi offered to be parent chair/point person for 2014-15. A steering committee format of leadership was suggested. **Steering Committee for 2014-15: Brandi, Anna, Jeff, Gretchen.** John would like to attend monthly meetings of Steering Committee.

Anna will take communication from the Steering Committee and Wellness Team back to staff via the channels set up within staff.

Jeff suggested working toward a thoughtful method of receiving and processing information from within the community. As a starting point, questions may be addressed to the Steering Committee via the CPSC Wellness website at: <http://cpscwellness.weebly.com/contact-us.html>.

Erin volunteered to maintain the wellness website.

It was decided that working groups should be established as a next step. One suggestion was to focus these around previously established 2014-15 goals of:

1. Create a positive, age-appropriate, consistent manner of communication around the topic of food and nutrition.
2. Provide resources for staff and families in the areas of health and wellness.
3. Increase opportunities for fitness for the entire school community.
4. Support school lunch program development.

(Either 4 working groups, one for each goal, or some other arrangement...TBD by Brandi/Jeff?)

John suggested that each working group have Wellness Policy-related goals.

Erin suggested that the team work to have measurable goals and indicators of progress.

Keisha would love to see students become involved. The monthly theme topics worked well. Michelle notes that CPSC meets physical activity/movement goals, but has lapses in health and nutrition education goals. Many agree this is an area of opportunity for the Wellness Team. Anna feels teachers would be receptive to support and resources for regular integration of health/wellness, especially the type that could be used in morning meeting, during snack/lunch, other simple ways to engage kids and families..."snackable ideas". Tiffany discussed potential involvement of the learning and measurement committee.

Follow-up steps:

- Working groups will be defined.
- Michelle will send list of old members to Brandi.
- John will send newly interested members to Brandi.

- Brandi will send communication to members to engage them in a working group.
- Jeff will do a doodle poll to determine next meeting.
- Tiffany will set up google folder.
- Michelle will forward resources spreadsheet to group.