

CSD Wellness Committee Meeting Minutes
Monday June 11, 2018

Attendees: Leslie Barry, Donna Reynolds, Julie Yerkes, Chad Miller, Jessica Pollack

We welcomed three new attendees; Julie Yerkes, CMS parent, Chad Miller, BMS parent and Jessica Pollack, CMS, RMS and CHS parent, also CMS PTO President.

We gave a brief overview of the district Wellness Committee activities over the past two years.

Changes made as a result of Administrative Review for Wellness Policy: Donna briefly described the Administrative Review as it pertains to the Wellness Policy. She displayed the draft for policy goals which is pending Superintendent Forsten's approval and will be incorporated into a procedural piece.

Update on SBWC activity: We discussed the activity on the School Based Wellness Committees. Concord High is still the only one who has shared information on the google docs. We appreciate their input and ongoing efforts. Leslie has responded to some questions that they had for us. We discussed ways to solicit SBWC participation. The following suggestions were made:

- Attend PTO Meetings
- Get information into school newsletters
- Reach out to principals and ask them to send info to staff
- Develop and distribute a best practices document with recommendations on who should lead, who would be involved, look for a teacher champion, give specific info on benefits of wellness committees

Update on 5210: Michele Smith from Center for Health Promotion was not able to attend the meeting to give us an update on 5210 activities taking place in the schools. Julie and Jessica were aware that an activity had taken place at CMS.

Goals for Next Year:

Strengthening SBWC

Increase web based information to district and community

Set quarterly meeting dates for district Wellness Committee as follows:

September 10, 2018

December 10, 2018

March 11, 2019

June 10, 2019