

WUSD Wellness Committee

Meeting Minutes

1/22/2020

Present: Erin Johnson (phone), Denise Bergman, Jill Buckley, Cory Monesmith, Carissa Hershkowitz, Julie Case (phone), Patrick Miller (phone), Debbie Hodgkiss, Bill Bircher, Jennifer Moran.

Absent: Jeff Bjork, Morgan Johnson, Mark Gorman

Next meeting: March 4, 2020 - 4:00 PM WUSD Board Room

The meeting commenced at 4:00 PM. Denise started the meeting by greeting all of the new members and giving a short overview of the Wellness Committee and the vision we have as a district to move forward. The principal's were given the assessment results where we compared our policy to a model policy, they were able to see the areas we are lacking and need to address.

We discussed the need to formulate some goals at each site that we can work towards implementing in FY21 to add more health and wellness into the classrooms. Debbie Hodgkiss spoke and had some great ideas as to how the different sites could implement simple lessons that promote some of the items that our Wellness Policy indicates.

We discussed the need for adding members of the community and students to better represent everyone on the Wellness Committee. We decided to reach back out to the Culinary Dept at the high school to see if any students from that program would be willing to join.

The committee will meet again on March 4, 2020, where the principal's each will bring back two goals that can be implemented. They are also going to report on some things that are already being done at their sites to promote health and wellness.

The meeting adjourned at 5:00 PM