

WUSD WELLNESS COMMITTEE MINUTES

Location: WUSD Board Room

Date: 04/03/2020

Time: 4:00 PM

Facilitator: Denise Bergman

In Attendance: Erin Johnson, Jill Buckley, Jeff Bjork, Cory Monesmith, Cassie Stoneking, Patrick Miller, Debbie Hodgkiss, Jennifer Moran, Bill Bircher

The meeting started at 4:00 pm with a welcome by Denise Bergman. The committee was reminded that the purpose of the meeting was for each school to go over the two goals they set for FY20 in the area of Student Wellness.

1. Festival Foothills, Patrick Miller went over many of the goals in our Wellness Plan that he believes Festival has already implemented and some areas they plan to expand on in the coming year. Some areas they intend to grow are in Nutrition Education information going out to families and to have teachers be proactive being active amongst students.
2. Hassayampa, Cory Monesmith indicated that they will be making sure the teachers are having “brain breaks” during class time and will be hanging posters next to drinking fountains.
3. Vulture Peak, Jennifer Moran presented that by the end of the 19/20 school year, Vulture Peak will have posters hung around campus that promote good hygiene awareness and that 1/3 of the student body will attend a career fair and will talk to Wellness Professionals about health and nutrition. She also stated by the end of the 20/21 school year that they will have students up and moving 1-3 times per lesson and will be giving a “nutrition nugget” each day in class or at the flag pole.
4. Wickenburg High School, Cassie Stoneking reported that the high school would be rotating their rep and the next meeting should be attended by Brady Nelson. She will bring goals to that meeting.

Jeff Bjork said he was encouraged about the progress at HES, he was made aware that they have a group of students from Arizona State University that come to Hassayampa and educate the kids on nutrition.

We will set a meeting for the end of the school year for any other ideas and ways to further implement Wellness at WUSD. Time and date to be determined at a later time.