

# WUSD Wellness and Menu Committee

## Meeting Minutes

1/22/24

Present: Erin Johnson (virtual), Denise Bergman, Lisa Smith, Sarah Ellis, Joyce Henneman (virtual), Monica Garcia/Zarate (virtual), Marisa Lange, Kaylee Olson (virtual).

Absent: Cassie Stoneking, Autum Lussi. (Jamie Moon no longer with the district)

Next Meeting: TBD sometime in April

The meeting commenced at 4:00 PM. Denise started the meeting by greeting everyone and giving a short overview of the Wellness Committee. ADE Wellness Policy Activity & Assessment Tools Year 2 and Goals were brought in and /or emailed by committee members. Denise asked all members if they had any questions regarding the Wellness Committee's roles. The group discussed ways to improve overall wellness. Hassayampa elementary has increased PE instructional time from 45 to 90 minutes per week. Festival Foothills elementary mentioned that they started a Garden Club to meet on Jan 24, 2024, and the local Lions club donated supplies and trees to the school.

We will be meeting 3 times this school year.

We discussed the menu for all 4 schools. Student's favorite meals were shared amongst the members.

We discussed the need for adding board members, members of the community and students to better represent everyone on the Wellness Committee.

The committee will meet for the third and final time this school year sometime in April. It was suggested to not meet on Mondays, and that the beginning of April was preferred. One member will be on maternity leave. We will reach out to everyone in March to set the exact date.

The meeting adjourned at 4:20 PM.