

WUSD Wellness and Menu Committee

Meeting Minutes

9/17/2024

Present: James Scott, Denise Bergman, Lisa Smith, Joyce Henneman, Carissa Hershkowitz, Lowanna Perry, Sean Kush (virtual), Matt Montgomery (virtual).

Absent: Monica Zarate, Elaine Salayo, Kelli Lemken

Next Meeting: January 21, 2025

The meeting commenced at 4:00 PM. James started the meeting by greeting everyone and giving a short overview of the Wellness Committee. Last year's (Year 2) School Version of the ADE Wellness Policy Activity & Assessment Tool was given to committee members who were present in the room and Lisa told virtual committee members that she would send last year's Goals to them by email. They were asked to work on 2-3 Goals to bring to the next meeting and the assessment was to be filled out by the end of the school year. We will be meeting 4 times this school year.

We discussed the need to work on the Year 3 assessment. Each school will need to set 2-3 goals to incorporate into their curriculum to add more health and wellness into the classrooms.

We discussed ideas that schools could do to incorporate healthy nutrition and physical activity and asked them to email us what they did and send pictures to share with the group members.

We discussed the need for adding board members, members of the community and students to better represent everyone on the Wellness Committee. Lisa will make sure the website has an invitation to all.

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

The committee will meet again January 21, 2025, 4 pm. We will reach out to everyone at the beginning of next year to remind them.

The meeting adjourned at 4:25 PM.