

WUSD Wellness Committee

Meeting Minutes

10/17/2023

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

Absent: Jamie Moon

Next Meeting: TBD sometime in January

The meeting commenced at 4:00 PM. Denise started the meeting by greeting everyone and giving a short overview of the Wellness Committee. Materials were made available to all present. Last year's (Year 1) School Version of the ADE Wellness Policy Activity & Assessment Tool was given to committee members who were present in the room and Denise told virtual committee members that she would send it to them by email. She asked them all to fill out the assessment and bring it to the next meeting. We will be meeting 3 times this school year.

We discussed the need to work on the Year 2 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 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.

The committee will meet again sometime in January. We will reach out to everyone at the beginning of next year to set the exact date.

The meeting adjourned at 4:25 PM.