Meeting: Wellness Committee

Date: March 8, 2018 Time: 4:00-5:30 PM

Topics: Updates and Assigning Committee Work

Present: Doug Wordell (Nutrition Services)
Natalie Tauzin (WSU Extension)
Laura Martin (Empire Health Foundation)
John O’Dell (Chase Principal)
Raeann Ducar (WSU Extension)

Absent: Shasta Glotfelty (Fitness & Health)
Heather Jordan (Madison Principal)
Linda Bushinski (Fitness TOSA)
Ponrat Pakpreo (Pediatrician)
Janell Buchkoski (RD, Nutrition Educator)
Stephanie Splater (Fitness & Health)
Sarah Goodey (Fitness & Health)
Brett Hale (Rogers HS VP)

Sub Committee Reports:

Updates:
- CEP expands to two more schools
- Spokane Regional Health District won Golden Apple aware for the Healthiest work environment for the state. Congratulations!

RECESS BEFORE LUNCH: Natalie, Amy Dawley, Raeann
- Tool kit created
- Use multi-year approach
- Create principal mentors
- Visit other schools
- Connected with each school
- ACTION PLAN:
  - Create item list and time line.

FITNESS BRAIN BREAKS: Linda B. and Greg Lang.
- Training and Professional Development.
- Volleyball school contest. Students vs. Staff at Chase
- Linda B is looking at using an app, possibly Chase pilot the app.
- Empire Health Foundation has presentation of the WHY of doing brain breaks
  - Focus fitness has helped
  - PBIS team, look at possible option next school year.
  - Buy principal’s chair, time with staff or principal
  - Chase Charger Bucks
• Discipline increases around 10 am, is it hunger or need to move?
  • ACTION:
    ○ John will discuss with PBIS team and report back.

SUPERINTDENT REPORT:
• ACTIONS:
  ○ Bring outline of Sub Committee Report to May 10
  ○ Report due May 31

ADAM SWINYARD MEETING:
• Multi-faceted approach
• Weekly principal meeting
• Onboarding to introduce new staff to Nutrition Services
• SPS weekly to get information out to staff
• PBIS Resources, Melanie is the contact
• ACTIONS:
  ○ Set a checklist of Action, April Roll Out Heads Up!

COMMITTEE ACTIONS NEEDED:
• ACTIONS:
  ○ Action for Healthy Kids Grant - $1,200
  ○ Breakfast break time/Homework time – Cheney High doing this currently
  ○ Adam meeting, how to get the procedure really being followed. Why is it not being followed? How to we make this a system value.

Next meeting Date: May 10, 2018 4:00 – 5:30 pm, location to be determined.