

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 Tausin (WSU Extension)
Laura Martin (Empire Health Foundation)
John O'Dell (Chase Principal)
Raeann Ducar (WSU Extension)

Absent: Shasta Glotfelty (Fitness & Health) Amy Dawley (Hutton Parent)
Heather Jordan (Madison Principal) Dempsey Ortega (NC DECA)
Linda Bushinski (Fitness TOSA) Paula Lutsey (Nutrition Services)
Ponrat Pakpreo (Pediatrician) John Edmondson (Garfield Parent)
Janell Buchkoski (RD, Nutrition Educator) Pam Tatosky (Purchasing)
Stephanie Splater (Fitness & Health) Greg Lang (Rockwood P.A.)
Sarah Goodey (Fitness & Health) Megan Read (Parent)
Brett Hale (Rogers HS VP) Becky Doughty (Health Services Dir.)

Minutes

Sub Committee Reports:

Updates:

- CEP expands to two more schools
- Spokane Regional Health District won Golden Apple award 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.

SUPERINTENDENT 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.