

Wellness Policy Committee Meeting

Meeting Minutes

April 7, 2023

Members Present:

Kelly Gutierrez, Terri Smith, Jessica Skilling, Marianne Thole, Medora Benson, Christine Mehlhorn, Allyson Rydberg, Elizabeth Werner, Robin Moore, Laura Pidgeon, Anna Tiffany, Rita Thorson, Jessica Skilling

Members Not Present: Cris Taddeini-Miller

1. Committee Review

- Go over community survey - Kelly
 - i. From this information, what goals can be made (Kelly will compile results from survey to be posted on website)
- Set goals for 23/24 SY
- Set meeting date for August. Look for the meeting to be during BTS week for teachers during a “work” time. Date/time will be communicated by 2nd week in August.

2. Goals to be made: (overview)

- Plan for the outdoor classroom (Rita/Laura/Kelly)
- Tie outdoor garden into curriculum, document garden process w leadership class (Laura/Rita)
- Additional speakers on mental health issues, mental/social wellness classes w/ leadership class (health office/Rita)
- Better communication on what is required for NSLP, update website, addition of culturally diverse meals? (Marianne)
- Work with health/phy-ed classes to tie in what is offered at school (farm to school, salad bar) into their curriculum. Eat better, feel better (Marianne, Robin, Anna)
- Re-introduce Power Up (health office/Marianne/Christine/Elizabeth)
- Discovery Trail - incorporate this into PE curriculum/recess and family involvement

3. Goals to be finished by Friday, April 14th, sent to Marianne or Elizabeth

4. Committee Members needed:
 - Fill open positions which are:
Community members and student members
 1. SallyAnn Schneider (incoming parent) is interested in being on this committee
 2. Rita, Laura and Anna work with their upper school students to get some involvement

5. Update SCPA wellness policy information on website: add minutes, next meeting date