

## Wellness Committee Meeting August 16, 2017

### Present

Rachelle Haines  
Emily Smallcomb  
Angie Foss  
Morgan Harms  
Roberta Barnes  
Ryan Wetovick  
Katie Custer  
Krista Scott  
Kelly Cooksley

### Absent

Jessye Goertz  
Cherie Kluender

- Determine new co-chair for Wellness Committee-- The co-chair will now be on the data team.
  - Emily Smallcomb will be new co-chair. Morgan Harms will become the new secretary.
- How can we look at wellness across the district? Although most teachers aren't teaching wellness specifically, wellness is something all students and teachers need.
  - This committee deals with perceptual data-- looking at eating habits, look at decision-making skills (healthy decisions--seatbelts, car behavior, social media), look at sleep, discuss ways to promote and encourage activity (ideas-- walking Wednesdays, morning workouts)
  - How can we test comprehension in the wellness scope? Involvement would be the comprehension
  - EHA number involvement also can count toward comprehension. The large number of staff members modeling wellness and can rub off on students.
  - Second Step curriculum has surveys that can give data on wellness that could be put to use. These are available both at the MS and Elementary level.
  - Could these goals be parental involved or community involved?
- Can the wellness goal implemented be implemented only in one school as a test or does it have to be district wide?
- Can program have type of incentive?
- Strategy 1- Increase student and staff wellness through physical activity.
  - Data can be measured by attendance.
  - The activity will have to be approved by the administration.
  - A location for the activity would have to be determined.
  - A time has to be determined.
  - How will it work with high school's busy morning schedules (zero period, open 1st, early morning activities)?

- How would attendance be kept?
- What would the staff and student incentives be? What are the ramifications for those who don't fully fulfill the task?
- Will it just be a middle school/high school initiative? Would elementary have a separate program?
- How will it work at North Park with less gym space and kids already walking in the morning?
- Include preschool, secretaries, other staffers, school board, parents?
- Is there a way to have a day/afternoon when parents of a specific grade could come and join? Could we get the community to come with? Could we get businesses to come walk with us? Could retired teachers come?
- Discussion of Mr. Cooksley's new program to use as blueprint.
- If the space was available, would closed campus be a healthier option? Or could we provide healthier options for open campus lunches?
- Rachelle will discuss the ideas with Mrs. Garner to gain approval for the next meeting.
- Strategy 2-- Implement a healthy snack break mid-morning or mid-afternoon.
  - Could we discuss a partnership with Schmicks to offer a healthy alternative food alternative? Would that go against our Lunchtime Solutions contract?
  - Could we work with Lunchtime Solutions to offer more or different choices?
  - In the past, a snack break was discussed. Other schools have gone to this system. Is there a way to do it without giving them junk?
    - Could this be funded with the EHA money when we earn our EHA money? Could this be funded similarly to the Beef Boosters or work with the Grocery Stores? Could this be paid for with jeans money? Could it be paid for by the BB School Foundation or the Custer County Foundation?
    - What time of day would this take place?
    - Who would serve the snack? The life skills classes could be good deliver? Would the kids just pick it up?
    - Would this change the bell schedule and the length of the day?
    - Will food service have to do the preparation?
    - How do we deal with the food allergies?
    - Could retired teachers come in and help deliver snacks? Could business people come in and deliver?
- For October-
  - The Wellness Committee needs administrator approval and direction for our strategies and which to pursue? In October we can form committees and do further planning.