

# **System Wellness Committee Meeting**

**January 20, 2020 at the Central Office**

- **WELCOME**
- **NEW BUSINESS**
  - Review of Schools
  - Discussion of Happenings Promoting Wellness
  - Type of Meeting
- **OLD BUSINESS**
- **NEXT MEETING DATE**
- **ADJOURNMENT**

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## **Welcome**

- Appreciation of Participating
- Suggestions are always welcomed
- Reviewed each schools evaluation

## **New Business**

### Review of Schools:

- Look at progress of each schools processes and expectations
- Fitness Grams Evaluation and System Evaluation Process
  - In comparing the 17-18 and 18-19 System Fitness Gram Results the team was pleased with the improvement in heart health, body health, upper body strength/endurance and abdominal strength/endurance. Flexibility was the same both years. It was determined that the Trunk Extensor Strength had an error and it was not used on the evaluation.
- Wellness on Website

### Discussion of Happenings Promoting Wellness:

- Nutrition Education section in our Parent Center
- Teacher monitor fitness and progress through the Fitness Gram
- Field Day events happen at multiple schools with Student and Staff participation
- Health programs, assemblies and/or screenings for students in conjunction with community health clinics, colleges or hospitals
- Participation in the National Walk To School Day
- Events that provide physical movement and social time once a month
- Workouts offered to staff by trainers
- Students encouraged by Bus Drivers to eat Breakfast
- School Clubs that promote walking (some everyday), track events, and sports
- Students participate in planting and tending to gardens to learn about the importance of fresh fruits, vegetables and herbs
- Family Health Nights
- Students ambassadors will brain storm activities to reinforce health and wellness goals

Type of Meeting – Group Gathering or Google Hangout/Virtual Meeting- Will discuss at next meeting

## **Old Business**

- Questions on Evaluation of Progress

**Next Meeting Date – To be announced based on school calendar**

**Adjournment**