

Wellness Committee Meeting - 10/7/19

Started with open discussion. Wellness seems to be a very ambiguous thing in the sense that it can be anything. Difficult to pin down as its all ties together, physical, mental, community, social. Our main goal should be to focus on one area and put our efforts toward that. What is that goal going to be?

A few items that were mentioned include:

Reactive vs Proactive (I love this mentality, although not always the easiest to do) (general)

Prenatal Care or even a Primary Care (community)

Medical (maybe dental also) screenings for students **while** in school (student)

★ OHS salads to other schools (staff/ student)

Promotion in general. We do a lot of good, but who knows about it? (community/staff/student)

★ School Wellness Day (staff/ student)

★ Survey the district for opinions on wellness (staff maybe students)

Involve PE teachers so we have a grasp on current curriculum being implemented (student)

Notification as invite to Wellness Meeting (staff maybe students and community)

OHS club for students that focus on wellness (students)

January is resolution season (staff, students and community)

Can we involve the Orland Rec Dept (student and community)

Please read the wellness policy

<https://www.schoolnutritionandfitness.com/schools/1519675798667/wellness/WellnessPolicy.pdf>