

## Dec 2, 2021 | [Wellness Committee](#)

Attendees: [Amanda Thomas](#) [chanin.massaglia@navy.mil](mailto:chanin.massaglia@navy.mil) [Denise Beals](#) [Kristie Summers](#) [Natalie Winspear](#) [Patricia Fernandez](#) [Robyn Bowman](#)

### **Notes**

Agenda Review:

Action items

Finish up the WellSAT 3.0

#### Section 4 of WellSat 3.0 - Physical Education Physical Activity

- PE teacher or coach would be nice to have on our committee
- Perhaps talk to MS PE teachers. Could add to policy that we have a system of tracking the PE minutes
- Amanda will add language on the curriculum. Maybe add a broad statement of the credential of PE teachers. See Dr. Kim Reed for more information.
- Professional learning for staff to learn and understand that Health and wellness yearly
- Adding language to incorporate joint use agreement
- Gamit has the PE Policy

#### Section 5 of WellSat 3.0

- Add language to promote employee wellness
- Add language to address physical activity as a reward.
- Expand language as to not using activity as a punishment
- Expand language to include marketing educational materials

#### Section 6 of WellSat 3.0

- Need to add language on the triennial update of the wellness policy.
- Establish a larger variety of school and community interaction on the committee.

The committee began a discussion on goals of the Wellness Committee:

Addressed the zeros on the sections on the WellSat 3.0 Assessment to identify weaknesses and areas of improvement r/t student Wellness.

### **GOALS:**

1. Establish Employee Wellness Programs
2. Improve and expand the district's Farm to School Programs