

## CEVSD Wellness Committee Agenda

May 22, 2023

1:30 PM CHS Library

### Members Present:

Name	Role	Signature
Matt Henderson	Superintendent	Matt Henderson
Mallory Tarducci	School Counselor	Mallory Tarducci
Kerri Wilhite	Food Service Director	Kerri Wilhite
Lee Summers	HS Principal	Lee Summers
Andrea Kirgis	LSW	Andrea Kirgis
Melissa Berkshire	Case Manager	Melissa Berkshire

### Responsibilities of the Wellness Committee:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, if necessary.

### Agenda

#### I. Audit Findings

Water fountains turned on  
Activities related to our wellness policy  
Summer food service was a recommendation - outreach with schools around us who do have summer food programs;  
communication to families (in the past, this program locally has not been successful)  
Mrs. Wilhite is looking into a summer meal delivery program as a possibility

#### II. Recommendations

- a. Activities
  - i. Staff Wellness initiatives
  - ii. Student physical activities - Tabled due to
  - iii. Family engagement activities to promote wellness
  - iv. Health/Wellness/Career Event
- b. Policy revisions
  - i. Changes?

#### Staff Activities

Reporting steps/activity on a weekly basis - contests

Gym check-ins per month - YMCA, Planet Fitness, etc - for a possible gym membership reimbursement?

Staff gatherings - walking, biking, running

Grants for wellness activities - purchasing device trackers

Mental health support system for all of the adults; Social Emotional check ins for all staff

#### Health/Wellness/Career Event

There is a lady in Ontario (Ellie Dial) who works with families on healthy cooking

Health and Wellness related careers - vet tech, chiropractor, PT, nutritionists, restaurants, medical, holistic medicine, farmers,

Mini event - Fall of 2023 at OPEN HOUSE Monday August 14, 2023 (village network, health dept, Smart Snacks table, backpack group, extension office, etc.

Main event - Spring 2024 (March or May)

"Try Day Friday" - 2023-2024 school year in the cafeteria; PBIS rewards for trying foods at Elementary

### III. Communications

#### a. 2023-2024 Meetings

- |      |                   |                     |
|------|-------------------|---------------------|
| i.   | September 5, 2023 | 1:30 PM CHS Library |
| ii.  | December 5, 2023  | 1:30 PM CHS Library |
| iii. | March 5, 2023     | 1:30 PM CHS Library |
| iv.  | May 7, 2023       | 1:30 PM CHS Library |

#### b. Promotion and marketing of district Wellness activities

#### c. Connection to CEVSD Strategic Planning areas

Reach out to community members to be a part of the committee:

Erin Spackey?

Page Hensley of CAMP?

District staff required