



Wellness Committee Meeting Minutes

November 7, 2017

3:30P.M

Library

Committee Members: Erin Crawford, Cyndy Ryder, Nancy Dziedzic, Paige Lindell, Steve Piscitello, Mike Duprey, Heather Champney, Taryn Hagan, Lauri Olson-Porter, Rhonda Taylor, Alan Genovese.


Members Present: Erin Crawford, Cyndy Ryder, Nancy Dziedzic, Paige Lindell, Steve Piscitello, Mike Duprey, Taryn Hagan, Rhonda Taylor, Alan Genovese, Kevin Bazan.

Commencement: The meeting started at 3:30 PM.

I. Old Business

A) Elect Chair and Secretary: Steve Piscitello was elected Chair. He was chair last year and has the experience and documentation ready to jump right in. Paige Lindell was elected Secretary.

B) Review Goals: Committee reviewed goals and reiterated that Goal 4 needed editing. Erin inquired about broadening our goals to include mental wellness. Taryn and other board members supported this idea.



C) Department of Education Wellness Documentation: Nancy and Steve understand the requirements for local Educational Agencies and will help guide our committee to meet these requirements in our work.

D) Review of JLCF Wellness Policy: Printing copies of the Wellness Policy were passed out to all present members. Copies were also emailed to all members.

II. New Business

A) Discuss Modification to JLCF: Committee will individually review nutrition section of the policy looking at content and researching updated and current standards published by USDA and food and nutrition service. Can the guidelines be simplified?

B) FY18 Goals: edits discussed at meeting include:

1. The district shall teach, encourage, support and model healthy eating habits for students.
2. The district shall teach, encourage, support and model age appropriate daily physical activity.
3. The district shall educate students, employees, school board, and community members to the important benefits **of total wellness**.

The school shall comply with the nutrition guidelines outlined in this policy in a manner designed to facilitate the adoption of healthier eating habits and lifestyles.

These edits reflect the committee's desire to include mental health.

C) Develop Meeting Schedule: