

Meeting held on 10/24/22 with Sherry, El, Cindy, and Theresa; Josh was absent d/t parent meeting

Next meeting: November 28th, 2:30 - 3:30 p.m. Computer Lab

1. Reviewed WellSAT 3.0 assessment tool to be utilized for triennial assessment.
 - a. Committee members were assigned WellSAT assessment sections, section 4 from Local Wellness Policy: Triennial Assessment Template with 1-2 goals and next steps.
 - b. Assignments to be completed and brought to the November meeting for review and discussion.
 - c. Assignments include: NE 1-8 Theresa; SM 1-10 Cindy; NS 1-13 Cindy; PEPA 1-16 El; WPM 1-12 Josh; IEC 1-8 Sherry
2. Staff Wellness
 - a. November challenge: hydration
 - i. Theresa to write up challenge on paper calendar form, hand out forms at the November Staff meeting/ extras in staff lounge. Completed forms will be submitted to Theresa's office mailbox.
 - ii. Prizes - water bottles for top finishers, Cindy will get the prizes, Sherry will determine available funding for wellness prizes, announces winners and hand out prizes at the Dec. staff meeting.
 - b. January challenge: Declutter your workspace
 - c. Theresa to reach out to Ridgeway contact (Jodi) about a possible blood drive at BMS.
3. Student wellness challenge
 - a. Physical activity - complete laps at recess time; greatest number of laps wins!
 - b. Class versus class (CH, E1, E2, Erdkinder = 4 different winner groups) with prize of hot chocolate party.
 - c. Utilize running club technology of lanyards / bar code scanning to keep track of data.
 - d. El to get lanyards / codes for each classroom
 - e. Classroom assistants would need to be willing to add app to personal smartphone. Sherry to determine if the app is allowed to be uploaded on personal devices. Sherry to discuss at the November all staff meeting.
4. Tabled the idea of adding additional wellness booths to upcoming school events (Winter Bazaar, Happy Harvest) due to the addition of other wellness ideas and time constraints with completing the triennial assessment.