

Meeting held on 11/28/22 with Sherry, Josh, Cindy, and Theresa; EI was absent from BMS that afternoon

No December meeting

Next meeting: January 23rd, 2023, 2:30 - 3:30 p.m. Computer Lab

1. Triennial Assessment

- a. Members brought their completed sections from the WellSat 3.0 assessment tool, results were discussed.
 - i. Cindy mentioned she applied for a \$9,000 grant for fresh fruit/veg. If awarded the grant she could implement farm to school information, allow students to help prepare the fruit/veg aligning with nutrition education and serve the items 2-3 different ways for the highlighted monthly f/v.
 - ii. Farm to school is currently not being completed - Josh recommended a farm simulator project for students
 - iii. Theresa discussed looking for nutrition education to add to counselor curriculum
 - iv. Josh mentioned that his section just needs language added to policy, refer to the information in the school/ parent handbook
- b. Next steps will be Theresa and Sherry to meet and start work on the action plan and submit the triennial assessment

2. Staff Wellness

- a. Reviewed number of prizes for November hydration challenge - 1
- b. January declutter challenge prize was discussed - Marie Kondo book or organizing containers as prize - 1 prize only
 - i. Theresa will create a calendar with the declutter challenges for distribution at the January staff meeting.
 - ii. Staff to put declutter items that other staff may want on the juttied out shelf by the office/ front entry (outside Mr. Josh's classroom).
 - iii. Donate remaining decluttered items to Grace Place, Ms. Sherry to check with this organization regarding donations they are in need of.

3. Student wellness challenges

- a. Theresa to f/u with EI regarding the lap to lap challenge. Can he get the lanyards ready for Dec or not? If not, push back to Jan.
- b. Sherry has the app scanner on her phone. She is willing to add groups/ classes to the app. We just need to make sure classroom staff out at recess are willing to put the app on their phone and allow students to scan.
- c. CH does not have a track. 1 lap would be around the playground equipment.

4. Parent communication, Theresa will send info to Josh for formatting, info sent in RSS feed to all staff/ parents.

- a. Dec - healthy party food ideas
- b. Feb - less healthy to healthier options visual
- c. April - easy summer meals to make with your kids