

CSD Wellness Committee Meeting Minutes  
Monday September 17, 2018

**Attendees:** Donna Reynolds, Michelle Smith, Julie Yerkes

**Wellness Policy Goals:**

We discussed the procedural piece, entitled Wellness Policy Goals, that was added to support the Wellness Policy. This was done as a result of our State Administrative Review last school year.

**SBWC, getting started:** We discussed the activity on the School Based Wellness Committees. Concord High is still the only one who has shared information on the google docs. We appreciate their input and ongoing efforts. We decided our first step to get things started at the other schools is to send a letter to the school principals, outlining our intent for the SBWC. Donna will draft a letter. We will also reach out to the CHS committee to get some input from them on how to succeed at the school level.

**Update on 5210:** Michele Smith from Center for Health Promotion gave us an update on the 5210 program. They will be continuing this year, along with a new program called Food Play. A new coordinator from Center for Health Promotion will be working with the schools.

**Wellness Committee Goals for 2018-19:**

- Reach out to principals and ask them to send info to staff
- Develop and distribute a best practices document with recommendations on who should lead, who would be involved, look for a teacher champion, give specific info on benefits of wellness committees
- Attend PTO Meetings
- Get information into school newsletters
- Increase web-based information to district and community

**2018-19 Meeting Schedule:**

December 10, 2018

March 11, 2019

June 10, 2019