

Wellness Committee Meeting: 8/8/16

Attendees: Donna Reynolds, Leslie Barry, Ann Lanney, Beth Richards, Michelle Smith

Review of Survey/Assessment results:

We reviewed the All Staff Assessment.

Areas of concern:

Beth suggested we request to be on the Communications and Policy Committee meeting agenda in the fall so that the Wellness Committee can inform them of what the Wellness Policy encompasses and how it ties in with other district policies.

Does your school or district offer staff members health education and health promoting activities?

The only district programs offered to employees are the ones offered by the district health insurance plans, which not all employees are eligible. Ann stated that some schools have their own initiatives for health promotion.

There was also a discussion to consider looking into grants for obtaining healthy food for staff meetings.

Does your school have a breastfeeding policy?

This would be an example of a district policy that would tie in with the Wellness Policy. We need to look at other district policies regarding breastfeeding.

Does your school prohibit withholding physical activity /recess or physical education as punishment?

Does your school prohibit using food as either a reward or punishment?

Ann stated that these two areas definitely need to be addressed as there is great inconsistency within the district. Some IEP's do include language on food or physical activity as reward or punishment.

Do all teachers schedule time for students to wash hands before meals and snacks?

This depends mostly on the classroom. We need to work on budgeting for more hand sanitizer stations.

Have all staff members received professional development training on CPR and First Aid?

Ann explained that staff contracts do not require them to be CPR certified but that staff choosing to become certified would be reimbursed by the district. It is a requirement for a CPR certified staff member to accompany all field trips, however this is not always enforced and therefor puts the district at risk. There was also a question raised as to the benefit of transportation staff being CPR certified.

There was discussion on the following topics:

- A possible goal for our first year of policy implementation would be to send out 4 wellness newsletters.
- Wellness evaluation could be incorporated into staff evaluations.
- We could implement a tiered procedural model i.e. suggestions vs. regulations.
- We could look at implementing the 5210 program district wide.

Next Meeting

Monday September 7th, 3:45pm Central Office