

Wellness Committee Meeting

Nov 1, 2022

- Welcome and review of Wellness Policy-possible need for updating.

We will all review the Wellness Policies and FAQ sheets and decide what final product is best for NBPS.

- Members that need to be part of this committee

We need representation from Admin, nursing, health/gym teachers, cafeteria staff, community members.

- Ideas for this upcoming year

Qi Gong by Natalie

Covid/Flu Clinic for NBPS and the Community

CPR classes for Faculty and Staff

Health Challenge in January-weight and exercise focused

→ Winter walk to school in Feb.

- Next meeting: December 6th or wait until January 10th?

Next meeting will be on Tuesday December 6th at 2:45pm in the NBHS Library Conference Room.

November 1st Wellness Committee Meeting Attendees

Ashlee Yager

Maureen Floyde

Dr. Gould

Sarah Priestley

Tim McCormick

Kirsten Esposito

Wellness Committee Meeting Agenda

Feb 7, 2023

1. Review meeting notes from December 6th meeting

2.

Assessing Your Local Wellness Policy

On July 29, 2016, USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. At a minimum, LEAs must assess the wellness policy every three years. The [WellSAT3.0](#) is a free, online tool that will help you assess and score your local wellness policy.

Keep in mind the following:

- **NEW Triennial Assessment Date: June 30, 2023** (if not already completed).
- Maintain meeting minutes for the Wellness Committee. This includes committee member names and content being discussed.
- The local wellness policy must be made available to the public.
- The results of the local wellness assessment must be made available to the public.
- The local wellness policy must be dated.

3. Wellness Review Forms and Score Card

4. Next Steps: Next meeting?

Tuesday May 9th

Attendees:

Tim McCormick

Maureen Floyd

John Gould

Sarah Priestley

Wellness Committee Meeting Agenda

May 11, 2023

- Wellness School Assessment tool review:

<https://www.wellsat.org/register.aspx>

This site is the newest Wellness website for federal and state information on Wellness regulations.

- Our Wellness Policy:

Publication to our website including the scorecard and FAQ's.

Mr.Hackenson will publish to NBPS website as soon as all information is ready.

- Wellness activities this Spring:

Community Health Fair

Successful getting vendors but we need to get more of our community involved.
Possibly run this activity during Fall Parent Night

Health and Wellness Competition

This was a big success with 26 competitors. A summer competition is Beginning May 15th and will run until August 28th (first day back to school)
There was a Yoga Class and Mindfulness Class that did not have good attendance. We need to look for possible reasons for this.

- Ideas for Fall 2023

Possible 5K in early October

Walk to School Wednesdays

Weekly newsletter with a section of "wellness tips and educational information"

Lunch walking groups

After school walking groups

Lead stretches before meetings
Bike safety

Attendees:

Tim McCormick
Maureen Floyd
Sarah Priestley

