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# Wellness Committee

Thursday, November 5, 2020, 4-5 p.m. (virtual)

De Soto #73 Public Schools

## Attendees

Josh Isaacson, *Superintendent*

Sara Brinkmann, *SFE Food Service Director*

Josh Aylesworth, *Physical Education Teacher*

Matt Buechting, *Physical Education Teacher*

Laura Elam, *Physical Education Teacher*

Ron Farrow, *Athena Principal*

~~Ryan Ochoa, *Physical Education Teacher*~~

Wendy Campbell, *Core Data*

Jon Roop, *Athletic Director/DHS A.P.*

Kim Kingsland, *Physical Education Teacher*

Matt Thompson, *Physical Education Teacher*

Amanda Pruitt, *Physical Education*

~~Chris Johnson, *Physical Education Teacher*~~

Krystal Simmons, *SFE Food Service*

Dawn Brown, *DJHS Nurse*

## Agenda

### Last Meeting Follow-up Items

#### Agenda Follow-up Item:

##### Action Required:

- Triannual Assessment

##### Communication:

- Review of Wellness Policy

### New Business

Total Time Allotted 1 Hour

#### 1. Policy Review

- A diverse group of individuals (teachers, principles, students, parents)
- Future menus
- Upcoming events
- Quarterly meetings

#### 2. Objective-Complete Required Audit Document

- Post on District website - Local Wellness
  - Work on the Triannual Assessment - Due June 30, 2021
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- CDC - School Health Index
  - Break into teams to work on specific modules
3. Open Agenda Item(s)
- Focus groups with students
  - Activities - Ex. Jump Rope for Heart
  - Schedule meetings
  - Identify key stakeholders and who responsible for what

## **Follow-up Items**

- Progress of the triannual assessment

## **Next Meeting Agenda Items**

- Thursday, January 14, 2021, 4-5:00 p.m. (virtual)