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# Wellness Committee

Tuesday, October 11, 2022, 3:45-4:45 p.m. (virtual)

De Soto #73 Public Schools

## Attendees

~~Josh Isaacson, Superintendent~~

~~Josh Aylesworth, Physical Education Teacher~~

~~Laura Elam, Physical Education Teacher~~

~~Whittney Carter, Athena Principal~~

~~Wendy Campbell, Core Data~~

~~Kim Kingsland, Physical Education Teacher~~

~~Amanda Pruitt, Physical Education~~

~~Debbie Killingsworth - SPED Director~~

~~Ron Farrow, Assistant Superintendent~~

~~Matt Buechting, Physical Education Teacher~~

~~Sara Brinkmann, SFE Food Service Director~~

~~Dustin Washam, Vineland Principal~~

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

~~Jason Jovi, Physical Education Teacher~~

~~Dawn Brown, DJHS Nurse~~

## Agenda

### Last Meeting Follow-up Items

#### Agenda Follow-up Item:

Action Required:

Communication:

### New Business

Total Time Allotted 1 Hour

#### 1. Objective-Complete

- Introduction of the Wellness Policy [R2750 - Wellness](#) & Plan for Improvement
    - Divide and Conquer
      - 15 min. To divide, chunk, review, read, highlight
      - 15 min. Share out of chunk with the added component of what do we want/need to focus on this year as a wellness committee based upon your chunk of the BOE Regulation?
  - Purpose of the Wellness Committee meeting.
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- An action-oriented advisory group focuses on the health and well-being of students, staff, and families in a school community. The school wellness implements the district wellness policy and leads other health initiatives.
- [https://www.cdc.gov/healthyschools/nutrition/school\\_lunch.htm](https://www.cdc.gov/healthyschools/nutrition/school_lunch.htm)
- [Exempt Fundraiser Tracking Sheet](#)
- Open Agenda-Please feel free to add any items you would like added to the agenda for next meeting here:
  - Would the Wellness Committee meetings also meet the criteria for additional staff Professional Development to provide as “evidence” for the improvement plan progress?

## Follow-up Items

## Next Meeting Agenda Items

Future Meeting Dates:

- December 13, 2022
- February 14, 2023
- April 11, 2023