

## WELLNESS COMMITTEE MEETING

November 1, 2017

### In Attendance:

Becky Stratton – Kitchen Manager

Melinda Sorensen – PE Teacher

Debbie Stevens – School Admin

Mary Rice – Parent

### Annual Review of Policy

We went over the elements of the policy to review practices and implementation. Under the *Nutrition* heading one item was discussed. “Students will have access to hand washing or hand sanitizing before they eat meals or snacks.” We suggested that teachers could use a reminder to have students wash hands more frequently as flu season approaches.

Under *Physical Activity*, Melinda said that she has resources for Brain Breaks if teachers need them. We discussed the benefit of a “brain reset” with recess and other activities. Playground Duties can watch for children that may need more movement and encourage that. Some students have books on the playground or stand by the doors for long periods of time.

An email will be sent out to remind teachers of these items.

Under the heading of *Food and Beverages Available During the School Day* we discussed adding the word “using” to the last sentence for clarification which would then read “i.e., *using* pre-packaged or store bought items.”