

**Westside Consolidated School District**  
**18-19 Health & Wellness Committee Meeting Agenda**  
**September 13, 2018**  
**1:00 - 3:00**  
**Location: WHS Media Center**

1. Call to Order: 1:00 PM
2. Old Business  
All is good; nothing needs to be addresses
3. Successes  
ES- Warrior Workout is going strong  
MS- Equipment has been purchased for playground and cafeteria has been updated to make the appearance more appealing, students are loving it!  
HS- Great lunches; Cross Country started this year and is already winning awards
4. New Business  
None for now
5. Committee Expectation: 2 hour meetings required
  - a. Secretary: Kelli was nominated to keep minutes
  - b. Robert's Rules of Order: Always do
  - c. Attendance / Sign In: Mandatory; Must have 75% to count meetings
6. Review by October 1
7. School Health Index
  - a. School Health Policies / Environment: Reviewed by October 1; Graham will assist with this at age school building level; will do module 1 today
  - b. Health Education:
8. Wellness Policy
  - a. Update - include revision dateShould reviewed each meeting; Will point us to a couple of models to work through to improve; There is a model that can give guidance
9. Triennial Assessment - Every 3 years
  - a. Step 1: Each month done, this month SHI and Wellness Policy
  - b. Place Documentation on Website:
10. Menu Review: Chastidy opened the floor for discussion regarding menu options; Graham suggested a student selection to sit on the panel for menu development, title will be determined at a later date; Students will be brought in from each building;

- a. Requirements / Standards of NSL Program:
- b. Food sold in cafeteria: Chastidy has paperwork for anything students eat in the cafeteria
- c. Committee Recommendations (menu, foods sold, etc.): More pizza at ES, HS is tired of salsa, chips, and beans; Discussion of vendor options: Sysco, US Foods; Possibly a taste test where students are able to sample choices in order to make a more educated request for foods; EAST will get nutrition information for students to make choice combinations for menus; Chastidy will make final decision so that she can ensure guidelines are met. CYS will provide an afternoon snack that will be reimbursed if 50% are low SES; Not ideal for our school bc we do not have volunteers, we would have to pay the workers which would eliminate our profit  
Food items mentioned: Square vs Rectangle Pizza,

11. Running Tribe

Track is still available for use whenever Tara is ready to begin

12. Miscellaneous

- a. Next Meeting
  - i. November 27, 2018 @ WHS Media Center

13. Adjourn: 3:02 PM