

**Westside Consolidated School District**  
**2019-2020 Health & Wellness Committee Meeting Agenda**  
**September 17, 2019 - 1:00 - 3:00**  
**Location: WHS Media Center**

**1. Call to Order**

Pam Dooley-

-Welcome new members, purpose, goals

**2. Old Business**

Online free and reduced forms online- keep sharing that we it can be done online

**3. Successes**

Second chance breakfast at middle school are going well! This is for athletics and other students. Now is at all campuses

Water filling stations - extension office checks data for usage. Discussed filter replacement. Can Food service fund the replacements of the filters. Can we set up a rotation on maintenance changing the filters?

WES extra recess is great!

After school meal program - Get more information from Mr.Kelly. We need more food. It is set up to be a mentor program.

Running tribe, cross country good numbers

Cooking club at middle school

**4. New Business**

**5. Committee Expectations**

- a. Introductions- Elem Nurse Andrea Brackin, Kim Huffman-Extension office, Heather Pate- Elem Parent Center
- b. Attendance / Sign In
- c. Secretary
- d. Robert's Rules of Order

**6. Review by October 1**

**7. Menu Review**

- a. Digital Application- need to keep sharing and publication by OCT 1
- b. Requirements / Standards of ESA Program
- c. Food sold in cafeteria Follow guid
- d. Committee Recommendations (menu, food sold, etc.)
  - i. Breakfast pizza - sodium levels are high are why is isn't)
  - ii. Student advocacy food council- actually set up time and place/ google form of food choice (During tribe time, meet with Mrs. Hedge to get guidelines and start thinking of students to be on it) Mr. Graham
  - iii. Share table stopped at the middle school due to the policy of no sharing of plates,etc. And lots of severe food allergies

**8. School Health Index (SHI)**

- a. Archive old sheet before starting the new SHI sheet. Elem and High have new setup Make sure it's the updated sheet and includes all modules.

It's recommended that we do all modules. Only have to write goals for specific modules.

- b. Required Modules 1, 2, 4, 9, 10, 11 [We will focus on 1 today.](#)  
Be sure to include Nutrition, Physical Activity & Tobacco
- c. School Health Policies / Environment - Review annually
- d. Health Education - Include PD

## **9. Wellness Policy**

- a. Update - include revision date [Check if Mr. Guantt and Micah have the policy and if the board has approved.](#)

## **10. Triennial Assessment - Every 3 years**

- a. Step 1
- b. Place Documentation on Website

## **11. Miscellaneous**

- a. Next Meeting - Wednesday, November 20, 2019 @ WHS Media Center
- b. Future Meetings:
  - i. Please mark these on your calendar.
  - ii. [The next date is: Wed., Nov. 20,](#)
  - iii. [Future dates to place on calendar:](#) Thurs., Feb. 20, Tues., April 14

## **12. Adjourn**