

**Westside Consolidated School District**  
**20-21 Health & Wellness Committee Meeting Agenda**  
**October 5, 2020 - 1:00 - 3:00**  
**Location: WHS Media Center**

**1. Call to Order**

Chris George - Welcome new members, purpose, goals

**2. Old Business**

- a. [Tuesday, May 12, 2020/Sign in sheet](#)
- b. [Westside High School Plan](#)
- c. [Westside Middle School Plan](#)
- d. [Westside Elementary School Plan](#)

**3. Successes**

HS- High level of engagement with online learners

MS- Playground improvement with drainage has made a positive impact; Students are able to be outside for recess more; Teachers are feeling better about virtual and onsite learning; All students are able to eat in the cafeteria at this time. The cafeteria staff has worked hard to ensure spacing allows for the students to eat in the cafeteria.

ES- Outdoor classroom gives students an opportunity to social distance while getting fresh air

All- Students are doing very well following safety guidelines and staying healthy; All kids eating for free!!

Athletics- Numbers are up with cross country team; Parents are being supportive of CDC guidelines to help keep kids playing sports

Custodial- Staff doing well, fogging has been beneficial

**4. New Business**

[Flu Clinic: November 3rd and 4th](#)

**5. Committee Expectations**

- a. Introductions
- b. Attendance / Sign In
- c. Name Secretary to keep minutes
- d. Robert's Rules of Order
- e. [DESE Wellness Website](#)
- f. [Wellness is Worth It! Booklet](#)
- g. Communication (Email / Website)

**6. Menu Review**

- a. Digital Application
- b. New Requirements / Standards of ESA Program
- c. Food sold in cafeteria Follow guide
- d. Committee Recommendations (food sold, menu additions, etc.)

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

- a. Archive old sheet before starting the new SHI sheet.  
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  
Be sure to include Nutrition, Physical Activity & Tobacco

- c. School Health Policies / Environment - Review annually
- d. Health Education - Include PD
- 8. **Wellness Policy**
  - a. Review
- 9. **Triennial Assessment - Every 3 years**
  - a. Step 1 - Place Documentation on Website
- 10. **Miscellaneous, Committee Suggested Topics**
  - a. Next Meeting - Friday, December 4th, 2019 @ WHS Media Center 1:00-3:00 PM
  - b. Future Meetings:
    - i. Feb. 26, April 30
- 11. **Adjourn**

#### **Elementary School Minutes:**

Our committee reviewed the plan from last year looking at specific tasks that are yet to be completed. We then discussed our plans for the remaining meetings. It was decided that we will complete the survey in December and develop future plans in February.

#### **Middle School Minutes:**

- We discussed the SHI questions and answered them together
- We discussed our safety drills. On tornado drills, we discussed continuing to do the drills in the classroom and do walkthroughs of a couple of classes at a time in the safe room to go over procedures there.
- Team agreed to pick up where we left answering the questions on the SHI.

#### **High School Minutes:**

- We need to get a couple of new students
  - Mrs. Cureton is getting the names and will get back to us.
- We need to add one of the following health teachers to the group.
  - Montgomery
  - B. Engle
  - Laird
    - Would think about having them rotate on a 3 year term.
- School Health Index (SHI)
  - Amanda Carter will email out specific questions to those who would need to be the one to answer them. She will then put those answers in the SHI.
- Lori Kercheval and Holli Crowe will be put on upcoming faculty meeting agendas. They will present information to staff.
  - COVID 19 information (Oct. 21st)
  - AED, EpiPen, and other items specifically mentioned in the plan.
- We need to possibly amend Goal 4 due to COVID.