

Wellness Committee Minutes 10.16.2024

Attending:

Christanne Harrison, Tricia Laham, Matt DuBois, Sasha palmer, Carlyn Uyenoyama, Suzanne Federspiel, John Kleschinsky, Donna Finnegan, Michelle Bartley

Christanne spoke about her role as the Jhn Stalker Institute/DESE Wellness coach to advise and keep the committee on task.

Reviewed the Alliance for Healthier generation working tool: <https://www.healthiergeneration.org/app>. She transferred all of our work to the action plan for our district on that tool

We updated PSB Wellness Policy over several years and was voted 2/2027. We are now evaluating how well/if it's being implemented. This is what we've written and why, these are areas that are not yet being implemented. Look at what are our areas we want to be priority.

- Should we have classroom teacher rep?
- BEU rep?
- Students? Would need to offer some different times for meetings. Discussed idea of Wednesday collaboration, 2:20-3
- Outreach to 8th grade students

Areas of focus:

- Communication about Wellness Policy and meeting notes. Neel Gupta can put on website. Need notetaker. Volunteer?
 - Sharing out listing of services available through PSB. Matt DuBois has been doing that and will continue
 - Nutrition Education: Adding health for 6th graders. Obstacles: budget, FTEs, scheduling
1. Sasha discussed new executive chef
 2. Invite members of garden task force. Ezra youtube videos
 3. Survey for kids