

First Wellness Meeting

Agenda

1. Who is on the board?
2. Go over Policy
3. Make any necessary adjustments

1.) Who is on board?

Sophia Romeri - Oversight/Wellness Teacher

Lisa DeTora- Director of Teaching and Learning

Tina Krasnecky- Business Manager

Karen Proulx- Nurse

Holidae Filkins- 2nd Grade Teacher

Sean Mero- Custodian/Maintenance Staff

2.) Going over Policy

Item assessed:

Are students really getting 60 minutes of physical exercise a day? Yes (40min am, 20min pm)

Are teachers finding alternate ways to discipline without taking play away? Yes

Is the school participating enough in physical and nutrition promotion? Could do more.

What are we doing well?

There is water in every classroom

Nutrition is met

Where do we need to improve?

Promotion (could do 50 challenges for families?)

Waste

Health

Food/Physical Bingo (enter into a drawing) Try a new food

Getting students more involved farming

Questions to think about:

1. What does Abby Kelly do that we should consider?
2. What are our questions?
3. What are our concerns?
4. What do we want to change?
5. How can we incorporate more information about our Wellness Policy into our Newsletters?
6. How can we add "How" to our policy?

Next steps and Goals:

Shorten to 3 pages, make clear and concise, cross out anything we cannot meet, and show examples.

Other examples of Wellness Policies:

[Genesee](#)

[Abby Kelly Foster](#)

[East Longmeadow](#)

[Southbridge](#) Pages 11-14

Signage Health Protocols:

[Health Signs](#)

Resources:

Louis Fasen (retired pediatrician, wife is also a doc)

Next meeting:

Wednesday, April 25th, 2018