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