

Local Wellness Policy Committee Meeting – 09/20/2021

Agenda

- Review Wellness Policy
 - Board Approved for policy on 09/16/2021.
- Health Fair 21-22 yR
 - Confirm dates
 - Promote Committee Invitations

Attendees:

- Mariah DeJolie - HR
- Robert Buchanan - Chartwells
- Stacey Zinnecker- LVP
- Rachel West – DV
- Cyndel Seamster – MS / Parent

Notes:

- Reviewed finalize and approved Policy that was board approved 09/16/2021. Ideas to improve for the 22-23 YR
- Confirmed to set Health Fair at Lake View Gym on February 3, 2022 and discuss the type of entertainment/vendors to provide for community, students, and parents.
- Research the number of minutes our MS and HS students exercise per day or per semester:
All District middle school students may have P.E or Strength Training (if elected) for 50 minutes a day.
All District high school students:
 - *9th Grade Students will have 1 semester of daily physical activity for 50 minutes on Monday, Tuesday, Thursday, and Friday. On early release days, 35 minutes on Wednesday.*
 - *10th-12th Grade Students may have physical activity for 50 minutes on Monday, Tuesday, Thursday, Friday and 35 minutes of physical activity on Wednesday (if elected) with P.E, Strength Training, or team/unified sports.*
- Research new ways for the Wellness Promotion and Marketing
- Ideas to increase student attendance in the cafeteria for both breakfast and lunch.
 - New lounge area
 - Add charging stations
 - Add tv's for entertainment in the cafeteria