

Meeting Minutes Student Wellness Council

Date & Time: 1/31/2018 3:00pm to 4:00pm

Present: Lacey Piper, Julie Maria, Sonya Mercado, Rosie Gutierrez

Absent: Jenise Buckenberger, Luisa Accorsi

Location: District Office Human Resources meeting room

Topics

- Introduction to the wellness policy by Lacey Piper
 - Why do we have a wellness policy
 - What's in the policy
 - Nutrition, School Gardens, Physical Activity, Health Education, Physical School Environment, Staff Wellness, Positive School Climate, Health Care/Social Services, Assessment and Communication
 - Powerpoint review (see attachment)
- Past Policy
 - History by Lacey Piper
 - Wellness committee was put together in 2007. The Assistant Superintendent of Education Services was the committee chair and helped to develop the current policy. Since then Rio has updated it's policy to reflect the Healthy Hunger Free Kids Act and current updated regulations.
- Updated Policy- Open Discussion
 - Review of current policy and comments
 - Sonya- The After School program is currently working on curriculums for nutrition, physical education, and safety. Incorporating some of these items into the wellness policy is a possibility.
 - Julie- My plate should be discussed in elementary school, so kids have a better grasp on nutrition.
- Current issues or topics as it relates to School Wellness- Open Discussion
 - Julie- Updated safety plans for schools.
 - Review safety supplies, making sure each classroom is equipped with the proper equipment if a classroom was to be in lockdown. Making sure teachers have food and medication for diabetic students in the event of an emergency.
 - Additional training and establishing a protocol for for the district on active shooters

- Rosie- Trainings on stress for staff and employees. How to deal and manage stress in the workplace.
- Sonya & Julie- More training is needed for staff to help children with Special Needs.

- New Members- Open Discussion
 - Gina Mathwin, PE teachers, someone from Educational Services

Next Meeting Wednesday February 28th, 2018