

## DRAFT: 10/16/24 Wellness Committee Meeting Minutes

**Meeting Date:** 10/16/24 - 8:00am - District Office

### **Attendance:**

**Present:** Kristen Dainty, Alex Callaway, Matthew Flusser, Kurt Jesman, Peggy Kelland, Michael McFarland, Gina Nicolari, Keith Odums, Angie Rooney

**Absent:** John Morgan

**Motion to begin:** 8:00am (1st Mr. Jesman; 2nd Mr. McFarland; all in favor)

### **Welcome & Introductions**

Everyone introduced themselves around the table. Quick overview of the Wellness Committee objectives was provided by Mrs. Dainty. This year marks the three year presentation to the BOE on the Procedures and Standards for Food Services.

**Approve 6/6/24 Meeting Minutes** (1st Mr. Jesman; 2nd Mr. McFarland; all in favor)

### **Wellness & Shared Google Drive**

The Drive will be utilized for most postings and homework. Anything anyone wants to add is encouraged.

### **Charter, Policy, Presentation, Procedures & Standards**

The charter was updated based on a few red line changes related to language and a policy number.

The Charter was recently updated without any issues. (1st Mrs. Kelland; 2nd Ms. Nicolari; all in favor)

Wellness Standards and Procedures presentation due this November. Asked the Committee to review the document for any changes for homework. Once the recommendations are made a draft presentation will be shared. It is not expected that the Committee attend the BOE presentation but all members will be recognized for their participation.

Comments pertaining to this: Mrs. Kelland: while recognized that facilities and time is impacting the minimum requirement for PE at the elementary school (Mr. Jesman confirmed the secondary PE requirements are being met) it is important we look at scheduling (i.e.: lunch after recess at middle and elementary and PE minutes at elementary) of the school day and increase opportunities for intramurals. Mrs. Kelland shared how PE was handled when she was young and that athletics was not available to girls so intramurals was very important as an outlet for the young ladies. Mr. Jesman shared that currently there are more female interscholastic offerings than male. He also shared that intramurals at the elementary level has increased as has the use of Continuing Education services. Intramurals at the secondary are not as prevalent although there are offerings. They also have the opportunity to use the weight rooms at each high school. Mr. Callaway shared that intramurals are very well attended at WJHS and students love them. He coaches and sees it first hand. Mrs. Rooney shared that you can feel the difference in the introduction of additional intramural hours (mainly impacts grades 4-6) and the continuing education services for the younger grades. Additionally, at Oak recess and lunch are separated and do not run back to back with the exception of grade 6 wherein recess is first then lunch. Mr. Callaway said that WJHS offers 4-6 sessions of Mindfulness Meditation throughout the year and there is a lot of positive feedback from teachers and students. This is set up in the gymnasium at WJHS. Mrs. Nicolari agreed that the school feels different when these sessions occur. Per Mr. Jesman, there are mindfulness curriculum strategies in Health classrooms as well. Yoga is included in the HS PE curriculum. Can you please add that at

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A request for any feedback from the Procedures and Standards will be sent in the near future with a quick turnaround for a DRAFT presentation to be reviewed in advance of the 11/18/2024 BOE meeting.

### **2023-2024 Student Data**

The data is included in the drive. Being that attendance is now a focus for school leaders the tie in to wellness is more evident

### **Building Wellness Activities**

Mrs. Kelland suggested to President McFarland that during a Superintendent Report at a BOE meeting that we could shine a light on the activities at our school buildings that are wellness related. Given that Mrs. Kelland knows of events at schools that do not get reported on the Wellness website, maybe this shining light will give an impetus to these buildings to be included in the Superintendent's Report. President McFarland thanked Mrs. Kelland for her valuable input.

**Motion to adjourn:** 8:22am 1st Ms. Nicolari; 2nd Mr. McFarland; all in favor