

Health and Wellness Subcommittee Meeting Minutes
February 4, 2015 at 9am
Central Office

In attendance: Carolyn Mark, Nancy Day, Amanda Barnes, Yan Sun, Kelly McKeon

I. Report on nutrition-related efforts/initiatives in the District

Kelly reported on Aramark's farm-to-table efforts and promotions. Farm to school days to be held in February/March (Update: these are postponed so that Aramark has more time to secure the local produce from its vendor). Carolyn noted that "wear green/eat green" day was slated for March 11, and Kelly is looking into what we might do here in EG in honor of that day.

Action Item: Kelly and Carolyn to work together to include a farm-to-table announcement in this week's field memo (Update: postponed for now), highlighting element of H&W policy having to do with local procurement. Kelly to reach out to Jessica to explore what other opportunities might exist for EG schools (besides Eldredge and Hanaford who have already done this) to apply for the US Healthy Schools Challenge.

II. Update on efforts of Mental Health Subcommittee

Carolyn provided an update on the work of mental health subcommittee. Noted that scheduling was going to be very difficult in terms of creating "whole child" meetings for both the H&W committee and the mental health subcommittee. The group agreed that members of each working group will be invited to the other if/when special guest speakers are invited or topics warrant a "whole child" discussion.

III. Brainstorm and action planning on promoting Health & Wellness policy in District

The group decided that we would let the results of the Wellness Assessment inform our education efforts beginning in September. Options include developing FAQs and videos, as well as meeting with Admin Council and PTG leadership.

IV. Planning for end-of-year H&W policy implementation review/assessment

Action Item: Nancy and Carolyn will meet in advance of the next meeting to put together recommendations for how to tweak the Wellness Assessment Tool. Members of the committee will work to recruit new members to the committee to help us with the assessment as well as with the work of the committee as a whole.