**IMBODEN AREA CHARTER SCHOOL**

**WELLNESS COMMITTEE MEETING MINUTES**

October 17, 2017

**Attendance-**

Judy Warren- Child Nutrition Director, Frank Witowski- Physical Education Teacher, Lisa Lewallen- School Nutrition Personnel, Matthew Wells- Chairperson, Katie Wasinger- Parent, Cole Williams- Student, Jana Morris- Nurse, Tonya Phillips- School Board Representative, Scott Rorex- Public Community Member, Mike McLeod- School Counselor.

**Minutes**

Director Judy Warren began the meeting at 5 p.m. with a review of the necessity of a Wellness Committee and a general overview of the meeting’s agenda.

Mrs. Warren and the committee discussed the progress made toward reaching the second goal identified by the CDC’s School Health Index- “Students will assist in the development of their own individualized physical fitness program.” Mrs. Warren and Mr. Witowski explained to the committee that 4th and 5th grade students had worked with Mr. Witowski throughout the first quarter of the school year to develop and utilize individual physical fitness plans. These plans identified numerous exercises designed to strengthen all parts of the body. Students will have a weekly goal of how many repetitions of each exercise they can achieve with the intent of increasing repetitions each week throughout the quarter. Also students will be timed for running specific distances with the goal of decreasing their time each week throughout the quarter. This program will be implemented with all grade levels by year’s end.

The committee reviewed the Wellness Committee Requirements Checklist. The following requirements for the local wellness policy were deemed complete- Ark 6.02.6; Ark 6.02.7; Ark 6.06.7; Ark 6.06.9; and Ark 6.06.10.

The breakfast menu was approved and the 4 week rotation of menus for school lunch was approved. The motion for approval was made by Lisa Lewallen and seconded by Jana Morris.

The committee discussed promotion of health and nutrition to students and their families. The committee decided to develop flyers to pass out to families with students’ report cards each quarter. Second quarter promotion will focus upon limiting screen time at home and increasing the amount of physical activities students participate in at home.

Mr. Wells provided several flyers regarding local athletic opportunities available to students. Approval was sought to hand these materials out to families. A motion was made for approval by Frank Witowski and seconded by Mike McLeod.

Arrangements were made for the next meeting date to take place January 16, 2018; at 5 p.m.

Meeting adjourned at 6:45 p.m.