**IMBODEN AREA CHARTER SCHOOL**

**WELLNESS COMMITTEE MEETING MINUTES**

March 14, 2017

**Attendance-**

Judy Warren- Child Nutrition Director and Physical Education Teacher, Matthew Wells- Chairperson, Lisa Lewallen- Parent, Cole Williams- Student, Betty Gregory- School Nurse, Tonya Phillips- School Board Representative, Scott Rorex- Public Community Member.

**Minutes-**

Assistant Director Matthew Wells called the meeting to order at 5 p.m. providing an overview of the meeting’s agenda.

The committee discussed the progress made toward reaching the goals developed using the School Health Index.

Goal 1- Development of an after school time for students to complete work rather than doing so at recess. This goal has been obtained to the best of the staff’s ability. The vast majority of student families have been supportive of the goal and have assisted staff in ensuring that students are active during recess times.

Goal 2- Contact the NEA Cooperative for recommendations on obtaining a consulting school health physician. School Nurse Betty Gregory explained that she had contacted the Cooperative and received information on several physicians in the area who could possibly fulfill this role. However, when she followed up with these physicians, none were available at the current time to fulfill the role. She explained that she would continue to contact physicians, but at the current time, the goal is not met.

Goal 3- The school should consider offering various programs to ensure staff health and well being. School Administrator Judy Warren stated that the school does not have a large enough staff to qualify for many programs available in the area. However, the school does provide sick and personal leave days to staff members, and teachers have been given lighter duty schedules in an effort to improve staff well being. Currently, this goal has been attained to the fullest extent possible.

Goal 4- The school could use parent and community volunteers in conjunction with staff members to monitor physical activity and lunch periods. This goal has been fulfilled with the use of several parents as recess monitors. Attaining this goal has taken some responsibility off of staff members which has reduced stress providing a higher level of well being.

Cole Williams made a motion to approve a breakfast menu and a 4 week rotation of lunch menus for the fourth quarter. This motion was seconded by Tonya Phillips.

The committee discussed promotion of physical activity and developed a handout to send out with fourth quarter report cards. This handout provides families with some ideas for summertime activities that promote fitness and limit screen time.

Mrs. Warren explained that teachers would all be provided with professional development in nutrition and wellness over the summer.

Meeting adjourned at 6:30 p.m.