**IMBODEN AREA CHARTER SCHOOL**

**WELLNESS COMMITTEE MEETING MINUTES**

September 6, 2016

**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 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.

Mr. Wells and the committee scored a School Health Index using the Center for Disease Control’s website. The SHI indicated the following areas of concern as goals for the year. Progress toward these goals will be monitored at future meetings.

1. Develop an after school time for students to complete work rather than doing so at recess.
2. Contact the NEA Coop for recommendations on obtaining a consulting school health physician.
3. The school should consider offering various programs to ensure staff health and well being.
4. The school could use parent and community volunteers in conjunction with staff members to monitor physical activity and lunch periods.

The breakfast menu was approved and the 4 week rotation of menus for school lunch was approved. The motion for approval was made by Scott Rorex and seconded by Tonya Phillips.

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. First quarter promotion will focus upon the benefits of eating a balanced breakfast.

Arrangements were made for future meeting dates to review goals and approve menus.

Meeting adjourned at 6:45 p.m.