**IMBODEN AREA CHARTER SCHOOL**

**WELLNESS COMMITTEE MEETING MINUTES**

September 5, 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 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. Provide students with additional training on how to assist students with asthma.
2. Students will assist in the development of their own individualized physical fitness program.

Mrs. Warren sought approval for the following days to be added to the school calendar as days where food and beverages provided to students are not required to meet the Federal Smart Snacks standards. December 14, 2017; December 21, 2017; February 14, 2018; March 30, 2018; April 21, 2018; and May 18, 2018. A motion was made by Jana Morris and seconded by Mike McLeod to approve the scheduled days.

The committee reviewed the Wellness Committee Requirements Checklist. The following requirements for the local wellness policy were deemed complete- Ark 6.07.1.1; Ark 6.07.1.2; Ark 6.07.1.3; and Ark 6.07.1.4.

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. Dates include October 17, 2017; January 16, 2018; and March 13, 2018. All meetings are scheduled for 5 p.m.

Meeting adjourned at 6:45 p.m.