**IMBODEN AREA CHARTER SCHOOL**

**WELLNESS COMMITTEE MEETING MINUTES**

September 5, 2019

**Attendance-**

Matthew Wells- Director, Lisa Lewallen- School Nutrition Personnel, Tyler Collins- Student, Allison Hicks- School Nurse, Tonya Phillips- School Board Representative, Elizabeth Scales- Physical Education Teacher, George Morris- Parent, Mike McLeod- School Counselor, Scott Rorex- Public Community Member.

**Minutes**

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 began scoring a School Health Index using the Center for Disease Control’s website. The SHI will be completed during the October wellness committee meeting, and goals will be established. Progress toward these goals will be monitored at future meetings.

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.