

# Wellness Meeting Agenda

Monday, December 9, 2024 at 3:10 pm  
Elementary Conference Room

**Attendees:** Rich Finley, Anthony Jackson, Beth Peck, Cheryl Sonnenberg, Lori Clady, Laura Young

Time: 3:10-3:40 pm

## **Discussion Items:**

### 1.) Current Wellness Policy Review

- Reviewed policy under cafeteria page on the website
- Ms. Young will revise with changes discussed (updated Board policy, add how the schools are incorporating wellness)

### 2.) Incorporating wellness into school for the following:

Staff - PD fresh fruit, Wellness initiatives, NBHP Wellness Program, hallways, track, field house for exercise

Students - Elementary nutrition classes, boy/girl talk in fourth grade, adulting class guest speakers, Health class (6th & 9th), Nutrition and Wellness class, Elementary extra recess, Elementary reward days (movie, walk to the park, bingo, games), Field day for elementary, MS and HS, Handwashing lessons from Health Department in kindergarten, Running Club in the fall, annual sport physicals at school by the Henry County Health Department, MS reward days, sign-up for youth sports through the school, SAVE Students Act compliance

Families - notices sent home, field house, playground, track, senior center provides a few holiday meals

Cafeteria - School Breakfast Week, fresh fruit, salads, yogurt parfaits, homemade soups

### 3.) Long Range Plans - healthy snack places, recess walking club at lunch recess, sensory wall and sensory on playground

