**District Wellness Committee**

**Wednesday May 9, 2012**

**3:30pm-4:30pm**

**Location: CHS Rm 109 (last minute change)**

1. **Welcome and sign in:** Connie Gavin, Ginger Epstein (note taker) , Melissa Goldberg, Amy Malinowski, Steve Davis, Tammy Frieberg, Dawn Bissonette, Julie Benay, Darlene, Mulcahy, Judy Lilley
2. **2011-2012 Wellness Year Report- Highlights** (power point presentation shown for committee approval)
   1. **District Highlights**
      * Wellness Website
      * CSA
      * 30 Day Wellness Challenge
      * Smoothie Bar - 5 A Day the Color Way
      * Yoga Balls
      * Staff Mindfulness
   2. CHS, CMS, MBS, UMS, PPS- updates provided by School Site Well Leaders
3. **2012-2013 Goal Setting – What are our hopes? Student and Staff Wellness** 
   1. 30 Day Wellness Challenge
   2. 5 A Day the Color Way
   3. District Run- Cheryl Aley – Postpone until 2012-2013
4. **2011-2012 Wellness Feedback Survey**
5. **Nominate an Administrator**
   1. Is there an administrator in your school or office who champions school employee wellness?  Let us recognize them. Nomination form is due on June 22nd.  Tell us about the good they do in your school and we’ll be sure they get recognition at the VT Superintendents Association Leadership conference during the summer.

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* Lots of discussion around smoothie bar and suggestions for next year.
* Wellness Report 2011-2012 Power Point still needs updates (CHS, PPS, UMS)
* Discuss 30 day challenge - too soon after break
* Julie Benay got Administrator Award 2011-12
* Suggested Jim Marshall as administrator for next year due to school foods grant
* District looking at decreasing foods in our buildings that come in from the outside (parties, celebrations etc, picnics) – nurses have taken on this task to continue to champion this effort. Moving toward creating a parent pamphlet outlining alternatives for classroom celebrations, including non-food items.
* Recycling and waste – MBS has tables in cafeteria to avoid waste and to cut down on wasting food.
* Steve suggested putting some steps in place to build toward a new Food Policy that fits our needs and national guidelines.
* Amy Malinowki announced training for Wellness Leaders is happening on May 26th to coordinate philosophies around school health.
* Connie thanked all wellness leaders and with a plant.