



Wellness Advisory Council September Meeting Agenda & Notes
Tuesday, October 16, 2018
3:30-4:30
College Counseling Center
***Meetings are open to everyone!**

3:30-4:00 Share updates from wellness initiatives around the school

4:00-4:30 Set action items

Attendees: Christie French, Erin Manzanares, Vicki Lundquist, Jen Voigt, Shannon Ross, Lisa Amerine, Paula Greenspan, and Kelly Reeser

- Updates
 - **Recess equipment:** elementary shed recently acquired. All grade levels now have access to equipment outside. This streamlines distribution of equipment and is better for students/teachers than past system of keeping the equipment in the lobby. Gaga pit will be left out all year. Purchased with Run for the Peak funding from last year. **Action Item:** Erin will put together a wish list for the future; some budget is still available.
- Recycling: email update from Monika:**
1. I am working and have scheduled a recycling monitoring program 2 x weekly with middle school student council. This is every Monday and Wednesday and will begin today. Kids are sitting near the bins and reminding kids of the recycling norms.
 2. I've reached out to several teachers and students at the high school level. Still haven't heard back about getting this off the ground. Hopefully soon!
 3. World Day for Farmed Animals was a success. A great reduction in the amount of meat in the cafeteria to encourage plant based eating, Kids asked lots of

questions and learned interesting facts about how factory farming harms the environment and different farm animals. If this happens next year, I will make some changes to the elementary options.

4. Anita's math class is helping me make a measurement of the amount of waste each student and staff member accumulates if they eat from disposable materials every day in the lunch room for a school year. The winning student will present this to wellness committee and we will create some mathematical equations and visuals to share in the lunch room. Purpose is to get people to start bringing washable items, water bottles.
 5. Question...can we use trays in the cafeteria, buy more to reduce waste? Paula has purchased more, but is also going to try to get some of the ones that have "disappeared" back. Paula will send out email request to return trays that may be in classrooms and offices around campus, and then distribute new ones as needed.
 6. Mo is reaching out to other schools to see how others do their monitoring process. Send ideas or suggestions for improvement to Monika. Get kids involved and have them take ownership of it.
- Action Items - Brainstorming session around WAC pillars (physical, environmental, mental health, social/emotional)
 - **Environmental Pillar:** Mo is working with Anita's math classes to calculate amount of waste produced by each person to support recycling efforts. **Action Item:** Mo will follow-up with report on how it's going. We need to define benchmarks/thresholds that will be used to measure recycling success. How will we know if recycling is successful?
 - **Mental Health Pillar:** wellness tips in newsletter, Lisa A. is willing to work on this. Wednesday Wellness Tips was a great format, but some people didn't read it even though it was full of great information. BVSD also sends staff a monthly wellness newsletter. Parents are also interested in these tips, so we should consider making them available to the full community, not just staff. Perhaps add weekly tips to Digest. Junk the Junk week/newsletter: (Erin handled this in the past). Incorporate focus in weekly digest - add links, include full articles on wellness page. **Action item:** Kelly: set up wellness section of digest; get access to wellness page of website for Lisa. Lisa will bring ideas for next meeting and connect with Jessy Rozitis, who also expressed interest in helping with this effort.
 - **Social Pillar:** Jen V: Dance party at end-of-the-year. Elementary previously had DJ with speakers on west field during the last half-hour of school. Ideas: combine dance party with K-12 bouncy castle. Kimberly knows kids in bands who would love to have the limelight. Ideas for a flash mob discussed. [Showcase student talent once a month](#) - click to add interested students to the shared document (martial arts, students in common dance studios, singers, kid bands, etc.) **Action Item:** Jen will follow-up. Lisa is familiar with art festival on Friday nights in Lafayette; we might be able to coordinate with them. Suggestion: last

year's performance of Nutcracker cast several P2P students. Student musician is performing at East Simpson Coffee House next Friday.

- **Physical Activity Pillar:** Brain breaks for block days. **Action Item:** Erin will send tips to secondary teachers.
- Aaron Huey is speaking to K-8 families next week at parent night (Oct 25th).
- Discussion about anti-idling....kids may be interested in getting involved. Add to Could be included in Wednesday Wellness tips

Next meeting: 2nd Tuesday of November (instead of 3rd because of Thanksgiving Break).

[Click here for 18-19 WAC Priorities](#)