



**Wellness Advisory Council September Meeting Agenda & Notes**  
**Tuesday, November, 13 2018**  
**3:30-4:30**  
**College Counseling Center**  
**\*Meetings are open to everyone!**

**3:30-4:00** Follow-up on action items, share updates from wellness initiatives around the school

**4:00-4:30** Set action items

**Attendees:** Christie French, Erin Manzanares, Vicki Lundquist, Sam Todd, Monika Bunting, Lisa Amerine, Elizabeth Begley, Shannon Ross, and Kelly Reeser

- Previous Action Items:

Erin will put together a wish list for the future for recess shed; some budget is still available.

- Probably more of maintenance instead of a wish list - replace balls that get lost; problem with balls going over the fence. Need solutions -- extra netting on fence? Need ideas.
- MS: ask kids what they think would work. Check-in/check-out process needed? How to assign specific equipment to specific students?

Mo will follow-up with report on recycling (see below for update)

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.

Kimberly: [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.)

Lisa will show us options for Wellness Tips Newsletter addition

Erin will send tips to secondary teachers. Click [HERE](#) and [HERE](#) for movement presentation.

- Updates:

From Monika: Good news is the custodial staff is reporting more kids are recycling and there is less contamination. I have gone to the cafeteria 3 x weekly to check in and I agree it looks better. From what I understand, service master takes recycling out only on Friday? Might there be a way for them to take out at least one time during the week in the cafeteria only? The bins are very full, and is result with more contamination at the end of the week. I also want to report I have spent lots of time each week going into the cafeteria and replacing the signs on the bins. I replaced all these two weeks ago and now most of them are gone, and they were all taped securely on. I talked to the custodial staff and Rene is convinced the kids who hang out in the cafeteria after school, with no adult supervision, are taking them off. She also mentioned she is concerned about kids safety back there. Is there a way to close off this area after school or does anyone have other suggestions. I'm frustrated by the amount of times I replaced these.

- Seeing improvement in cafeteria with reduced contamination. Biggest culprit is plastic cups, which are not recyclable; Elizabeth is open to other types of cups. Will need to consider availability and cost. Mo will send email with ideas for alternative sources.
- Recycling signs are disappearing regularly; lack of supervision after school could be the reason. Need solutions for this. **Action Item:** Kelly will follow up with other admin.
- MS Stuco kids are helping. HS environmental club is also signed up to help.
- Art installation to illustrate waste volume - Mo has a contact with ideas. Idea: "Thoughtful obstacle"
- Mo will do another survey later in the year to gather more data about their impressions.
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From Kyle: HS recycling choices to prioritize (from our last staff meeting). Identify your top 3 choices, and which you want to see in place for January to May:

- Identify and charge environmental club with educating classes/students in cafeteria on how to effectively recycle (Amelia and Ayush et al.); offer service hours/prom ticket or something needed for those willing to serve as recycling ambassadors in cafeteria daily

- Identify volunteer service group to collect cans/take to scrap center (check with John W: will that work with our recycling contract?)
- Request school/cafeteria to eliminate all use of single-use plastics, etc.
- Weekly survey of classroom/cafeteria/outside recycling and trash cans to collect data (classroom students, volunteers)
- Field trip/training at 9th with human geo/bio connections: Request Ecocycle supported visit to local dump (Erie) as part of 9th grade program for leadership in 2019-20; support with ongoing, year-long challenge to cut waste and effective recycling
- Targeted “Zero Waste Challenge Day” this winter or spring
- Basketball hoops above targeted recycling bins: hoops to save the planet
- Assembly with recycling challenge/make part of spirit week
- Showcase recycled art projects or uses on campus during a showcase week this winter or spring
- Challenge to change: Initiate a school wide problem-solving challenge that changes behavior and makes recycling our tradition. Start with 9th field trip to dump; 10th grade campaign for a bottle and can law (CO legislature, perhaps with Gov Polis’ support); 11th grade monitoring and service club efforts/NHS/Key Club; 12th grade showcase/publicize our impact on climate change and submit proposals for grants and competitions.
- HS meeting last week addressed issues - teachers had great ideas.

**Other Discussion Topics:**

Question about chemicals used on campus for ice melting and lawn care - John Wilcox will provide list.

Question about plans for west field - turf planned? This is cost prohibitive (estimated \$1 million); it’s not under active consideration at the moment, though this has been suggested in ELT brainstorming meetings along with other capital improvements.

Discussion about environmental issues around artificial turf.

Soaring Heights Principle Cyrus Weinberger talking about movement and the brain. Below find the link for the story on Colorado Public Radio. Link to Story [HERE](#).

- Action Items:

- Mo will email art teachers to get them involved with recycling art installation
- Brainstorm bigger structural ideas to make health and wellness a priority (Friday dance lead by teacher, something like the “Red Hawk Walk”)
- Christie will look up EPA information for anti-idling
- Kelly will follow up on supervision for kids hanging out in cafeteria after school.

Upcoming Topics:

- December: Emma Law and student group present on anti-idling
- January: We’ll watch a recorded student presentation about sustainability in the cafeteria

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

[USA News Story about Aerobic Activity](#)