



**Wellness Advisory Council Meeting Agenda & Notes**  
**Tuesday, April 16, 2019**  
**3:30-4:30**  
**South Conference Room**  
**\*Meetings are open to everyone!**

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

**Attendees:** Kelly Reeser, Christie French, Erin Manzanares, Monika Bunting, Lisa Amerine, Sam Todd

- Previous Action Items:
  - Sam - Contact district for more info about Eco Cycle programs
    - Sam will email Ghita and report back to the group via email
    - Can we use Eco Cycle's speakers even if we can't be a part of Eco Cycle
    - Would we be eligible for district pricing?
  - Christie - emailed Kristie Letter about student wellness-related innovation projects
    - Innovation Wellness Projects
      - Kristie Letter's students will begin a wellness project competition to see which project can have the biggest impact on our school's wellness
      - Christie made [an introduction to the four wellness pillars](#) and Erin will present to Kristie's Innovation class at the end of April
  - Christie - emailed Melissa, Holly, and Katy about wellness shout-outs for elementary
    - Elementary shout-outs are undergoing changes for next school year, but will include some kind of health and wellness checkbox along with some specific tasks that we want to recognize

- picking up trash
  - properly recycling
  - cleaning up after yourself
  - making a healthy food choice
  - solving a problem peacefully
  - using an "I statement"
  - staying hydrated
  - working towards 60 minutes of physical activity
- Mo is meeting with Jen D. to talk about ways to recognize students who are doing wellness projects K-12
  - Local businesses will donate gift cards to reward one student a month
  - Jen will help with tech piece
- Christie - emailed Jessy about Kaiser or Cigna employee wellness initiatives
  - Since Cigna is changing to United Health Care, she will get us more information next school year
- Christie - found out more info about student waste inventory - any ideas for which student group might want to conduct a waste audit?
  - [How to conduct a waste audit](#)
  - [Waste Audit: Forms and Resources](#)
  - [School Waste Audit](#)
- Kelly - help with school-wide communication
  - On her list for end of the year, positive vision for future
- We won't meet in May - sub-groups will follow-up with specific topics as appropriate
- Composting Update: Spreadsheet Summary [HERE](#); Comparison Costs [HERE](#)
  - Options: 2yd container with 3 pick-ups per week for \$336 per month
    - Not sure if this is often enough or large enough
  - If it's contaminated, they put it in trash and are charged \$28
  - Bags are 250 per case, use 26 cases per year, \$5700 per year (Mo will research another supplier)
  - \$1500 for cafeteria bins
  - \$3600 extra per year for cafeteria compostables
  - On ELT agenda for May 1st
  - Christie will talk with Holly about elementary lunch
  - Mo could ask for parent volunteers the first two weeks of school to help monitor
- Cafeteria purchased tumblers for water and will begin using later this week (mainly for breakfast and elementary lunch)
- Updates and Ideas:
  - Mary Campbell is raising money for Boulder County's Second Wind Fund (an organization that provides free counseling to youth at-risk for suicide)

- Liz Tarbutton received a [NEED grant](#) to attend an energy conference in Texas this summer - she will share with WAC in the fall
- Mary Kathryn Wood's students participated in a global sustainability challenge - they might give a presentation in May or next school year
  - Next year, she will build in WAC presentations to her curriculum
- School Zones
  - Lora Lynn Averill called the city of Lafayette last year to ask about school zone signs, they were scheduled to be installed in January 2018, but are backed up with construction
  - South end of Merlin Drive by the drainage ditch to a light pole at the north end
  - Spaulding heading east near Meadowlark Court
  - Intersection of Spaulding and Merlin will get flashing beacons on east-west crosswalks
  - Lora Lynn provided calendar and early release dates to the city
  - 7:30-8:00 and 2:50-3:30
- Elementary Lunch-Recess Student Aides
  - Christie asked Melissa and Holly if this would be a possibility - this was a student aide assignment up until this year because of problems with attendance and student aides not wanting to participate, etc.
  - Christie will talk with Clara to see if there are specific kids that would be interested in being a recess student aide instead of just assigning them because it fits in their schedule
- From BVSD wellness newsletter: [BVSD Food Waste Warriors](#)
- [Marker Recycling Program](#)
  - Mo will talk with Cindy to see how we can implement this for next school year
- [USA News Story about Aerobic Activity](#)
- Grant Opportunities - is anyone interested in writing grants this summer?
  - [Grants](#)
  - [Green Up Our Schools](#)
  - [Apples4Ed](#)

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