



Wellness Advisory Council Meeting Agenda & Notes

Tuesday, October 15, 2019

3:30-4:30

South Conference Room

***Meetings are open to everyone!**

Attendees: Christie French, Erin Manzanares, Kelly Reeser, Monika Bunting, Lisa Amerine, Elizabeth Begley, Sam Todd, Jessy Rozitis, Gretchen Mosca

- Meeting Reminders:
 - We are a solutions-focused group whose members all have good intentions for facilitating positive communication about wellness initiatives that benefit our entire K-12 school.
 - Everyone comes to the group with a willingness to volunteer their time to support the group's work and to make the school a better place.
 - We recognize that people are passionate about these topics and it's exactly this passion that fuels our motivation to do this work.
 - We recognize that most of the issues we tackle require cooperation from multiple stakeholders across the K-12 to be successful.
 - We all have different perspectives and we have much to learn from each other.
 - [Wellness Advisory Council Communication Flow](#)
 - [Policy INB - Teaching About Controversial Issues](#)
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- Previous Action Items, Updates and Ideas:
 - Trip Tracker update from Erin
 - Incentives to reduce pollution and increase carpooling
 - K-5 population, 450 students:
 - 35-42 walk from home
 - Kelly - talk to Traci about putting "anti-idling" messages on electronic signs
 - Sam - purchase signs to encourage drivers to turn off their engines
 - Friday digest article - "Your lungs at work." Your children are breathing this air. "Turn your engines off. Kids breathe here."
 - Gretchen sent a link to information about anti-idling enforcement in Connecticut: see [HERE](#)
 - Wellness survey results:

- 11 responses - 63% from parents/guardians
- 45% feel the physical/healthy activity pillar is the strongest
 - Survey respondents feel healthy activity is modeled by staff, sports and PE are built into the day, recess is before lunch for elementary
- 54% feel the mental health pillar is the weakest, followed by 27% physical pillar, and 18% environmental pillar
 - Work-life balance is not modeled and students don't have school-life balance, high stress levels among students and staff, Colorado has one of the highest rates of teen suicide and we don't have a school psychologist
 - Not many sports options for middle schoolers, poor attempt to recycle as it's not mandatory, room for improvement with trash reduction
- Areas to focus on from survey respondents:
 - Mental health, mental health, mental health! Healthy eating choices and why they matter at MS and HS, environment, trash reduction, involving students in classroom and hallway clean-up, emotional resilience, understanding of different personality types and social needs (ex: introverts like to be alone at lunch and it's okay), suicide prevention, anti-bullying, diversity training, inclusivity work, healthy lifestyle for kids
- Erin and Christie will add mental health discussion to next month's meeting agenda and contact counselors to invite them
- Getting ready for composting in January
 - Sam submitted a grant for \$15,000 for composting to pay for bins, bags, pick-up
 - Elizabeth will provide Christie with list of compostable items in the cafeteria
 - Christie and Katy Mathes will create updated posters
 - Christie will finish making composting video to share at next WAC meeting
- How do we reduce garbage and increase respect toward custodians?
 - MS is doing service projects soon
 - Maybe we could "adopt" parts of the playground
 - Maybe we could have the custodians come in to ES classrooms so students can meet them? Christie will contact Renay about this.
- Christie shared waste audit links with students in the Innovation class
 - [How to conduct a waste audit](#)
 - [Waste Audit: Forms and Resources](#)
 - [School Waste Audit](#)
- Third Grade is going on a field trip to a recycling facility
- Jessie will provide more info about UMR and Kaiser wellness programs sometime this year
- Indoor Air Quality district updates
 - We are working on submitting an IAQ policy to the BVSD board - it will include policies for air fresheners, plants, pets, etc.
- Christie will email Sam with a link to anti-idling sign
 - Sam will follow-up with John about purchasing
- Article: [Burger King Removes All Plastic Toys From Kids Meals](#)
 - Just a reminder about the power of students working together to make change!