



**Wellness Advisory Council Meeting Minutes
College Counseling Center Conference Room
Sept 5, 2017**

Attendees: Sam Todd, Elizabeth Begley, Cheryl Sack, Monika Bunting, Christie French, Erin Manzanaras, Vicki Lundquist, Kimberly Gannett, Kelly Reeser, and Jaimee Miller

Administrative Business:

- Erin and Christie introduced themselves as co-chairs
- Meeting schedule - First Tuesday of every month from 3:30 to 4:30 in the College Counseling Conference Room
- Erin and Christie reviewed the vision and mission of the Wellness Advisory Council
- Kelly reviewed the group's structure and meeting protocols
- Erin and Christie suggested identifying themes/focus areas for each meeting
- Sam suggested inviting our new Benefits Coordinator, Jessy Rozitis to join; anyone is welcome to attend
- Erin and Christie suggested sending out Wednesday Wellness tips email once a month this school year, and making it available to parents and guardians in addition to staff. They are open to feedback and input into the Wednesday Wellness communications.

Update on Wellness Initiatives for 2017-18

1. Environmental Pillar

- a. "Green" cleaning supplies now being used K-12 by custodial staff
 - i. ES wants to expand their efforts
 - ii. MS needs resources.
 - iii. Suggestion – make Green cleaning a focus area of the month (in December) to ensure we get fees in place to cover the cost (in lieu of supply list items).
- b. ES carpet – need to circle back on this topic at the administrative level to ensure that elementary program wants to install carpet in all rooms; the expense is

budgeted for next summer (June/July 2018). Christie and Sam will connect to take efforts further.

- c. Sam asked about hand cleaning product used in ES. Christie will give him name.
- d. Suggestion to create resource list for things like names of hand sanitizer products and soap. Christie will provide a list of names of products she recommends.
- e. Suggestion to add wellness tips link in Friday digest; request to make Wednesday Wellness newsletter header smaller and to include bulleted information rather than paragraphs to streamline the reading experience for busy people.
- f. Robyn Steuer has been working on a grant to fund shade sails for MS playground, but the grant program requires two years of data, which we don't have yet since the playground just opened last year. Karen Lenser and Jeff Brison are devoting 2 days to sun protection education in their health/PE classes. UV beads have been used in the past by 2nd grade to educate about the impact of sunscreen.

2. Physical/Healthy Activities Pillar:

- a. BB Racers – Free K-8 program that aims to prepare kids for Bolder Boulder. Change Feb/March. Idea: connect BB Racers to Run for the Peak. Kids don't have to run the Bolder Boulder; can just be used as a running club. Could be advertised as alternative to cross country/track. Look for ways to have HS kids get involved.
- b. BOKS – Building our Kids Success – K-5 program before school; free. 2x/week for 30 minutes. Kids play active games to get ready for school. The program will continue this year. Last year we offered it for 8 weeks. This year it will be offered in the fall, winter, and spring. HS school kids will get involved for service hours. Erin would like to expand to K-8 after school.
- c. Junk the junk – Erin ran initiative last year. Emails with suggestions for eliminating junk food. 1 week. Expand to staff and families. Use new blackboards in cafeteria to advertise/ remove certain types of food (e.g. chips). Encouragement to drink more water. Suggestion: January. Right before Thanksgiving. Ask kids to report on how they felt differently. Ideas: instead of chips, eat fruit, cheese stick, etc. instead of soda, drink water.
- d. Staff physical fitness – Offered Mon/Thurs in Jewel Wolfe's room. Cardio, yoga. Think about timing. Oct-April. 3:35 to 4:15. Announcement on PA after school. Emails, have principals put in weekly newsletter. Incentives: put your name in the jar when you go, you may get a prize. We would like to find someone to teach yoga (even just occasionally).
- e. Fuel Up to Play 60 – student teams need to disperse information more frequently/widely. Chat with Raquel to find out how information is getting disseminated. Christie and Erin will check with Raquel.
- f. Safe Routes to School – encourage students/families to walk or bike to school when new trail is built, courtesy of the City of Lafayette.
- g. Walking School Bus – Erin's idea. Establish drop off spot, then walk students to school. Invite Lafayette Police to help/walk kids to school. School/community

connection. Ideas: Flatirons Church parking lot; parking lot in front of flea market; new restaurant coming east of campus. Connect to new trail?

- h. Offer app that sends text to parents reminding them of drop off.

3. Mental Health Pillar

- a. Next meeting: share out time, mini presentation on mindfulness at elementary; Examples: chime on computer. breathing exercises, mindful movements. Use after recess, during tests, etc. After “Morning Energizer” during morning announcements.

4. Social Pillar:

- a. Integrate 6th grade families into community

Monthly Themes:

- Add to cafeteria chalkboard content (K-12 audience)
- October – Mindfulness (Christie)
- November – Composting (Monika)
- December -Green Cleaning (Christie)
- January - TBD
- February - Food Services (Cheryl and Elizabeth)
- March - TBD
- April - TBD
- May - TBD

Food Services Update provided by Cheryl and Elizabeth:

- Packaged muffins have been replaced with homemade muffins with Linda Willetto’s recipe. Delicious!
- New flavors of muffins will be introduced weekly. Kind bars have replaced other bars. ELT will serve students when tastings begin.
- Next: homemade salad dressings
- Monika connected Cheryl and Elizabeth with the Humane Society for meatless Mondays. Tasting in November; meatless recipe.
- Straight tacos run in September. Butternut squash, roasted chick peas. Idea: you don’t need meat to have protein.

Future meeting topics:

How do we get creative within boundaries of food services? Bring samples! Cheryl and Elizabeth will present in **February**.