



Wellness Advisory Council January Meeting Agenda
Tuesday, January 9, 2017
3:30-4:30
College Counseling Center (CCC)

Attendees: Erin Manzanares, Christie French, Jeri Chandler, Kelly Reeser, Kimberly Gannett, Lisa Amerine, Vicki Lundquist

3:30-3:50 Share out time

- Mindfulness update
 - MS and HS had mindfulness presentations at January 8th PD day; teachers are generally responding positively
 - High School:
 - 11th grade students were introduced to mindfulness/breathing concepts during College Research Seminar today
 - Kimberly's recommendations: develop non-negotiables for every high school classroom; e.g. 3 breathing, 3 movement exercises at a regular frequency
 - Incorporate into video announcements
 - Middle School:
 - Christie helped with presentation. They had already been working on it, so it wasn't new. MS is building on what is already in place. They are working on specific techniques and expectations for students/classes as next step. NS program includes: 4 breathing, 4 movement exercises
 - We are moving toward K-12 implementation - this is great news!
- "Junk the Junk" update
 - Scheduled for the week of January 22
 - Lunch room will reduce price of salad this week

- Announcements at HS level: encourage students to stay on campus for lunch, increase movement; use blackboard in cafeteria for announcements, art. SOS can help if needed (this group meets every Thurs during club time)
- **Action Item:** Kelly will ask about status of homemade salad dressings
- Game On! Sports For Girls - introduction
 - Erin: Similar to BOKS. Mission is to inspire lifelong fitness for girls. Focus on sports that are typically male-dominated
 - March, April, May - after school activity for 3rd, 4th, 5th grade

3:50-4:10 [Green Cleaning Presentation](#) by Christie French

- Christie presented update on BVSD Indoor Air Quality & Green Cleaning Committee. This group meets to discuss indoor air quality issues. Small number of representatives are on committee in addition to one liaison per school that is the Indoor Air Quality point person. Christie is our designee for both - thanks, Christie!
- Christie has been supplementing BVSD's work/info with Peak to Peak's own initiatives for the past 2.5 years.
- Objectives:
 - Topic: everyday chemical exposure
 - Review ways to reduce exposure - examples:
 - Dry Erase Markers - recommendations for reducing exposure explained
 - Chemicals in fragrances: ideas for going "fragrance-free" presented
 - Hand sanitizer
 - Air quality impacts student health and performance - Ideas:
 - Houseplants, with caution (overwatering and not dusting plants can negatively impact indoor air quality)
 - Don't use fragrance plug-ins, wax warmers, spray air fresheners, essential oils
 - Limit perfumes, colognes, scented lotions
 - Limit dry erase marker use
 - No hand sanitizer except before lunch (we have purchased version w/o triclosan and scents)
 - Cleaning - Envirox spray used. Cleaning routine explained. Elementary kids may not use it — only staff; student aides at secondary
 - Christie's students were not absent as frequently as other classrooms since a parent volunteer has been cleaning thoroughly twice a week. Elem decided that once/week cleaning should be the standard.
 - Costs provided for middle and high school as they move in this direction. Costs will be incorporated into budget.

- **Action Item:** Kelly to work with Sam to ensure correct numbers are in the budget. Need a rep from MS and HS; Ask John about custodians' routine. Ask if they can use Envirox.
- **Action Item:** Cleaning quality is questionable in some rooms - Kelly will check into this
- **Action Item:** Can we tap into BVSD's resources for doing an indoor air quality inventory for our school? Christie will check
- HS: train student aides to do cleaning; consider offering service hours for this work.
- **Action Item:** Decluttering effort K-12. Kelly to move this forward with the ELT.

4:10-4:30 Action Plan

- What Wellness initiatives do we want to focus on for 2018?
- Would you or anyone you know be willing to lead any initiative?

Next meeting (February):

This will be a brainstorm session, with a goal of assigning initiatives to specific people. Review minutes from Sept 5th for specific initiatives and follow-up as appropriate. Invite more people to next meeting (anyone who might be interested in working on specific initiatives). Clubs/student groups. Come up with list we want to work on at next meeting.

Information:

Purpose of WAC: a starting point, an umbrella group, an idea generator, information gatherer, highlights innovative wellness around the school, etc. more meetings happen outside of WAC where a lot of other work is being done

- Monthly wellness tips for Staff and/or Family newsletters
- Classroom movement
- Walking school bus
- Collaborate with Kristie Letter and her students on anti-Idling
- Recycling
- Green Cleaning 6-12