



Wellness Advisory Council January Meeting Agenda
Tuesday, February 6, 2018
3:30-4:30

South Conference Room (changed from College Counseling Center)

Attendees: Erin Manzanares, Kelly Reeser, Liz Tarbutton, Anita C-Spotts, Marleene Buttice, Cheryl Sack, Elizabeth Begley, Christie French

Review of wellness advisory council purpose and meeting format

- WAC is an umbrella group where we share wellness work from around the school, update on progress or new initiatives, and learn about new wellness ideas and research. Most work is done outside of this group in subcommittees or by individuals.

[Erin's & Christie's notes](#) (click here to see what's already implemented, what's in progress, and what's needed next)

4 pillars of Wellness Advisory Council:

1. Environmental pillar
 - a. Green cleaning initiatives; ES spearheaded; MS and HS are following
 - b. Indoor air quality improvement - reduce dry/erase markers, no scents
 - c. Christie spoke to HVAC and environmental manager at BVSD about district practices. Will share ideas.
 - d. **Action item:** Kelly: find out about status on vent cleaning
 - e. Clutter presentation started in ES, will implement in secondary, too. ELT will discuss at next meeting.
 - f. Needs: MS/HS ordering supplies, norms for cleaning, recycling & composting initiatives in the future; anti-idling campaign (innovation class tackling); shades on MS playground

- i. Anita C-Spotts volunteered to be point person at MS for cleaning supplies ordering
 - g. Recycling/Composting: Mo researched pricing; provided to Sam and Kelly. ELT will incorporate full program into spring budget discussions for possible implementation at the beginning of the 2018-19 school year. Need comprehensive, sustainable plan, including education for kids, and dedicated budget.
- 2. Mental health pillar
 - a. Mindfulness focus started at ES, now MS is using. HS to come
 - i. Emotional regulation
 - ii. Buddy bench on ES playground
 - iii. PAC at HS
 - iv. Sources of Strength - HS
 - v. Web - MS
 - vi. Liz asked Bob for ideas for apps
 - vii. Revisit InFocus curriculum at MS
 - viii. Elementary lunch groups
 - ix. Elementary counselor
 - x. Wednesday Wellness Tips - revitalize
- 3. Physical activity/health
 - a. ES - morning energizer during announcements, breathing exercise
 - b. BOKS
 - c. BB Racers at ES level; can be expanded to MS. Designed because Bolder Boulder interest was high, but kids need help preparing
 - d. Staff cardio club - Mondays, Thursdays after school - in Jewel's classroom
 - e. Brain boosters in classroom
 - f. Run for Peak
 - g. ES - recess before lunch
 - h. Fruit bowls for staff in counseling
 - i. Walking club at lunch
 - j. In progress:
 - i. classrooms are moving toward kinesthetic seatings/furniture
 - ii. Go-slow-whoa food choices
 - iii. Walking school bus
 - iv. Monthly staff newsletters
- 4. Social pillar
 - a. Heritage class
 - b. Early release special events led by HS students for ES
 - c. Special curriculum events
 - d. Makerspace
 - e. Parent curriculum nights
 - f. Dances
 - g. Student council events

- h. Athletic events
- i. What's needed?
 - i. Last day of school DJ dance party
 - ii. Focus on integrating new 6th grade families into school community

Additional Notes/questions from separate meeting in College Counseling Center (some people did not see the note about change in location):

Attendees: Kimberly Gannett, Monika Bunting, Patrick Marti, Jeri Chandler, Sam Todd, Jessy Rozitis, Rachel Hirt

- Rachel Hirt come to next meeting to talk about Run for the Peak
- Sanchez trail: Sam provided an update from city of Lafayette on plans for walking trail construction. Path will be build on south side of ES/MS building
- Discussion about ES playground; exploring grants for this.
- Updates:
 - MS: recycling, composting. All teachers using mindful bell.
 - HS: recycling? AP enviro
 - Food compost: update from kitchen on cost; Cheryl and Elizabeth are looking into costs for compostable plates, bowls etc...they are more expensive than what we currently use
 - Discussion about video from Boulder Eco cycle at last meeting. Could we get grants for this?
 - Ideas: create competitions for reducing waste; build into curriculum- eco systems in 6th and 8th and math in 6th grade. Education needed at the beginning of every year. Science national honor science society.....could kids help? Student aides for recycling/clean up. Need for different colored bins in cafeteria!
 - Need for student aides during lunch time to help!
- Interior design (Dr. Marti and Paul Moore): PLC
- Piloting 2 new designs, desks and moving chairs...One MS classroom (To be announced) and Flanhofer's room at HS. Furniture has been ordered

3:30-3:50 Share out time

3:50-4:10 Small group brainstorming session for the remainder of the year and beyond.

4:10-4:30 Group share out

Next meeting: Food services presentation/showcase, including website