

Botelle Elementary School Wellness Committee Agenda

January 8, 2019 3:00 pm

Agenda

Review and discuss the annual goals for 2018-2019:

1. Sexual awareness and abuse training was discussed last month and will occur in March or April of 2019.
2. Parent/Teacher survey data
3. Annual Review of health and wellness policy
4. Development of Nutrition promotion:
 - a. Programs in place: After school Fun Cooking Class
 - b. Programs to be implemented:
 - i. Nutrition nuggets in newsletter
 - ii. Nurse page on website
 - iii. Nutrition based bulletin board
 - iv. Healthy alternatives: eat this not that
5. Mindfulness Strategies discussed and is an ongoing program.
6. Emotional Intelligence – Ruler training.
7. Activities to consider:
 - Brooker Dental Clinic – in process
 - Flu Clinic – next year
 - Community/ Family involvement
 - Staff health promotion
 - Food Service involvement
8. Promoting Exercise/Activity: In place – active classrooms, recess and gym time
9. Botelle Garden Project – to be resurrected in the spring with Mrs. Bazzano and Donna
10. Seek donations/funding for other activities.
11. Other thoughts...