

Timberlane Regional School District Minutes Template

Wellness Committee

MINUTES

SEPTEMBER 20, 2022

02:30 PM

ROOM 402

TYPE OF MEETING	Wellness Meeting (we will meet the 3 rd Tuesday of the month with Oct 25 being the 4 th)
FACILITATOR	Danielle Foley
ATTENDEES	AnnMarie Mezquita, Mary Kate Murphy, Patti Mangini, Steve Harris
AGENDA	Goals, Mission Statement, Activities, New Business, Next Meeting

Agenda topics

2:30PM

GOALS

DISCUSSION	To review the current TRSD Wellness policies and form our goals from the district policies	
CONCLUSIONS	We will review the district polices and set our goals next meeting. We want student involvement on the HS wellness committee.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Email TRSD policies to committee	Patti	10/1/2022
Announcements	Danielle	October

2:45PM

WHITSON STUDENT FOOD COMMITTEE

DISCUSSION	Mr. Vaccarezza approved Whitson to have a student food committee. Steve will get the committee started in October. The committee will be getting students involved in what they like to see one the menu in the café. They will have a featured student recipe day. We also talked about doing staff cooking demonstrations.	
CONCLUSIONS	Featured a student "Recipe of the Week" will be a day when the café cooks the recipe and highlights a student. We will add it to the Website and Steve will work with the Hoot newspaper.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Make a google classroom where students can join the food committee group.	Steve/Danielle	October
Post flyer and make announcements	Steve/Danielle	October

3:00 PM

ACTIVITIES

DISCUSSION	Student/Staff Recipe Book using the student recipes of the month and all the recipes' students send in. We will also ask for staff recipes and research making a cookbook for sale.
CONCLUSIONS	Great idea for a cookbook, more information on putting a cookbook together. Cost for outside vendor.

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ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Look into cookbook do it yourselves ideas or outside vendor	AnnMarie Mezquita	October

3:15PM

WELLNESS CHALLENGE

DISCUSSION	We will do a healthy lifestyle challenge starting in mid-January for 12 weeks Early April. We will charge \$20.00 for the challenge	
	the money will go to the staff that have the highest percent of weight loss (if we have male and female we will have 2 categories).	
CONCLUSIONS	The health office will do the weigh in. We will send an email weekly to only those in the challenge with healthy Recipes and tips for healthy lifestyle. We will need to decide if we do first and second place.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Send email on the challenge in December and again in January	Danielle	December 15

3:25PM

EXERCISE AND MINDFULNESS

DISCUSSION	Do a 5K around the school that we can get staff and students to do together in the spring. Some ideas color run - student and staff teams for a 5K, offer some after school mindfulness, yoga, meditation, and walking club weather permitting on the track or indoors. Health Trust emails for Wellness Wednesday about healthy life choices.	
CONCLUSIONS	We will move forward with the 5K and look into what we can do for staff with mindfulness.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Reach out to Student Council and see if they are planning a color run	Danielle Foley	October
Emails to Staff on Health Trust information	Patti Mangini	September

OBSERVERS	
RESOURCE PERSONS	
SPECIAL NOTES	