**School Wellness Committee Meeting 2022-2023**

**3/2/2023**

**Agenda & Notes**

1. Attendees Sign In / Pass Out Handouts
	1. [Sign In Sheet](https://www.dropbox.com/s/7zj2nxilczaoh6v/Wellness%20Commitee%20Sign-In%20Sheet%20March%202023.pdf?dl=0)
2. Committee Introductions
	1. We have 2 students, 2 staff members (one is also a parent), and our food service consultant present.
3. Review School Wellness Policy and Wellness Policy Triennial Assessment
	1. [Completed WellSAT assessment scoresheet](https://www.dropbox.com/s/8pzlrncymlr9a3r/Wellness%20Assessment%20Scoresheet_Valor.pdf?dl=0)
	2. We completed the WellSAT assessment based on our current wellness activities on our campuses and used the result of this discussion to set our specific wellness goals.
	3. Assessment Section 1:
		1. Nutrition education is not really in place now. We have already talked about adding as a discussion topic in PE this year and would like to get that going.
	4. Assessment Section 2:
		1. We partner with a vended meals company who helps us ensure our menus are compliant.
		2. We track training hours for all food service staff annually.
	5. Assessment Section 3:
		1. No competitive foods or beverages are sold to students.
	6. Assessment Section 4:
		1. Lots of opportunity for students, as well as their families, to be active!
		2. Grades K-9 participate in PE
		3. Younger grades (though 5th) have 2 20-minute recess sessions per school day
		4. Sports: (MS & HS) Cross country, volleyball, football, basketball, soccer, track, softball, baseball
		5. Clubs: through 5th grade has run club; Dance
		6. Valor family run event was hosted for families
	7. Assessment Section 5:
		1. Staff have participated in hikes, mental health days
		2. Host staff & student volleyball and basketball games
		3. Teacher appreciation day
		4. Ideas: we could use the morning announcements and/or school newsletter to communicate and share wellness tips with the school communities
	8. Assessment Section 6:
		1. We have invited the required participants to join our wellness committee.
		2. We will plan to explore the potential of adding additional student and/or stakeholders
		3. Our wellness policy and assessment will be posted on the school website & in each school cafeteria following this meeting.
4. Set 2 Wellness Goals for our SFA to Work Toward
	1. Goal 1: Implement a nutrition education program as part of the PE class curriculum. Work to implement by the beginning of the 2023-24 school year.
	2. Goal 2: Based on student suggestions, we will begin discussions on adding sports. One suggestion is the addition of men’s volleyball.
5. Menu Discussion and Feedback
	1. Biggest issues – We are seeing a lot of waste