**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