

Wellness Policy Agenda

Date: January 7, 2019

Location: Mid Valley Secondary Center Cafe

Time: 2:45(Sec. Center) & 3:45 PM (Elem. Center and Sec. Center)

1. **Did we get to the school to do a TV commercial for the Wellness Policy?**
 - Mrs. Barnes – Report on what the wellness committee needs to do for a television commercial on Channel 19.

2. **Talking with the PR Department** to post information on the Wellness Policy. The information shared will deal with how to live a healthy life, eat healthy, and make healthy choices.
 - Instagram
 - Twitter
 - Facebook

3. **Elementary Garden-**
 - Ideas for next year. Talk with Mr. Liparulo to see if he needs assistance.

4. **Survey Students and Staff on the Wellness Policy.**
 - Send out this week

5. **How to get parents involved.**
 - Ideas and Suggestions

6. **How to start a Wellness Club- A student must take the start the process**
 - Ideas
 - Who
 - When
 - What permission do we need?

7. **Discuss with Mr. Kovaleski a Wellness Day for students**
 - Speakers to students in grades 11 & 12
 - Healthy Food for students in the café
 - Presenters in the café/hallways show casing healthy lifestyles.

8. **Update from Nutrition Inc.** - Mrs. Costanzo