

**Wellness Policy Agenda**

Date: March 12, 2019

Location: Mid Valley Secondary Center Cafe

Time: 4: 00 PM

Agenda Items

**1. Review second Wellness Policy Survey.**

- Compare first survey and second survey.
- Recognize our students for their work

**3. Feedback from Nutrition about student concerns.**

- Mrs. Costanzo

**4. Teacher Wellness Day**

- Do on a half day in June
- Break out sessions
- Goals:
  - Have Connect Care Talk with entire staff for 20 minutes
  - Break out groups (20 minutes) 3 Tracks
  - These are examples that are open for suggestions

<u>Mind</u>	<u>Body</u>	<u>Active</u>
	YOGA	Art (Painting )
Anxiety Strategies Marc Kurg	Campus Walk and Talk	Gardening tips
Stress Tips Jen Moylan	Rock Wall National Guard	Music Mr. Wilson
LUNCH Provided	LUNCH Provided	LUNCH Provided

**5. Update on the elementary center regarding the Wellness Policy speakers in grades 2-4 (Spoke with students about healthy foods)**

- Mr. Lopez and Mr. Piercy feedback
- How can we get feedback from the students in the elementary center?
  1. Nutrition Bingo in the elementary.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” – John F. Kennedy