

Wellness Committee Meeting #1 SY 2024-2025 Minutes:

Meeting began at 12:30 PM October 17, 2024

Attendance:

Amanda Tarantino
Charity Campbell
Kylie Macias
Maria Simon
Jennifer Ragole

Meeting overview:

- Briefly discussed the Local School Wellness Policy - For more information check out the school website.
- Discussed past wellness goals and initiatives that were implemented and achieved. The last 2 SY's focused on sustainability. This year's focus will be on nutrition education expansion and awareness.

Topics of Discussion:

- Education in the classroom topics:
 - Importance of eating healthy and nutritious foods during the day
 - Sustained energy/ eating from whole foods compared to packaged/junk food and processed foods
 - Sports Nutrition and how student athletes can improve their performance with healthy nutrition
 - Requests for an increased number of nutrition presentations in the classroom
 - Discussed methods of making teachers aware that this is something that they can request from CNS
- Nutrition Education Awareness:
 - Send the "Try it Tuesday" and "Farm Fresh Friday" to the principal and/or Maria to share the nutrition benefits in weekly parent and staff newsletters
 - Post the "try it tuesday" and "farm friday" recipes on Facebook/ District social media
 - Send a monthly CNS update to the principal or ask if Charity/ Amanda can come in and provide an update to teachers. Will provide HOM samples to staff at the meetings to promote local/ organic produce and to provide awareness as to what is being offered in the cafeteria.
 - Announce benefits of fruit featured at lunch time and send videos/ photos of HOM features to Maria to project on the digital screen at the Village front office.
 - Send out flyers to teachers to see who is interested in the CNS providing nutrition presentations in the classroom or announce it at the all staff meetings on Wednesday's
 - Have CNS staff promote/share nutrition info to students

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- Farmers markets:
 - CNS will offer the student farmers market in the 25-26 SY
 - Committee discussed how beneficial it would be to have the local farmers market near the schools to support student and staff wellness
 - May be an permitting problem

Next Meeting Date:

The next meeting date will likely be mid-December. Amanda will send out an email with committee members' preferred meeting day/time.