

## Nov 19, 2024 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould Emily Gustafson Angela Christensen Alissa Powell  
Brian Regan Cathleen Petrovich Erika Haraguchi Jo Fountain Kimberly Bryant  
Lisa Mehlbrech Leslie Levine Logan Meier Margaret Wilson Sarah Bigham  
Teresa Burden Jason Hill

### Notes

- Wellness Champions/Recruitment
  - Someone at each of our site that could lift wellness up
    - Put it in staff newsletter at each site to gauge interest
    - Create group/listserv so they can bounce ideas off each other/communicate wellness happenings
  - Participation Rewards for Wellness Initiatives
    - Roll out next year for prioritization with list of ideas we will plan this year
- Best Practices
  - Birthday/Holiday Celebrations
    - Importance of communication with families/equity-allergens
    - Giving general guidelines vs specific policy to allow for autonomy at site-based level
  - Ideas for Non-Food Rewards
    - Glow party, Stuffy day, etc.
    - Individualized rewards
    - Macro/micro levels - maybe happening on a classroom level even if it isn't a directive.
    - Ideas for food-based rewards or "healthy" food suggestions
      - Keeping allergens in mind
  - Marketing of food that happens in schools?
    - Stadiums, etc.
  - Awareness to staff about setting examples
    - Younger grades having limits
    - Older grades building awareness
    - Adding verbiage of modeling into it

### Action items

- Putting together some ideas to send out to group for feedback - Wellness Champion
- Send out a list of ideas of non-food rewards to group to add to—look at different grade levels