

## 2015-2016 Wellness Committee Feedback Summary

1. How has the Wellness Committee been helpful?
  - Connecting people together who have common interests and desires to work on specific issues
  - Providing an overview of what is going on around town and in the schools
  - Bringing varied stakeholders together
  - Support for program, curriculum, etc.
  - Establish stronger link between Health Dept & Schools resulting in joint programming. A great venue to distribute health information to families and kids.
  - Great place to network and strengthen initiatives
  - In the past helped open up events at Pierce. The last 2-3 years the Wellness Forums at BHS produced excellent discussion in the wider community.
  - Rewarding to help bring the work and efforts of the Committee to the Runkle community.
2. Please share any thoughts you have as to how we can improve on the effectiveness of the Wellness Committee.
  - At beginning of the year, take stock, and set goals, then create breakout groups to work on those projects. Subcommittees/working groups seem to be better suited to making substantive progress as opposed to the reporting role the general meetings seem to play.
  - At beginning of the year, do short strategic planning sessions: what are our strengths and weaknesses and then choose one area to work on over the school year from all fronts. That would give a goal to work toward. Not necessarily a new goal, one already on the table, but one we can all embrace. Work with what we already have in place and build on it.
  - Establishing goals each year for the group and establishing expectations/outcomes desired. Certainly, information exchange is useful to improve education; understanding but it would be useful to develop/determine actions that all group could agree to work on and address.
  - Close meetings with immediate action items summary: 1. what needs to be done 2. By whom 3 by when.
  - Send out summary of action items directly after the meeting and again before the next meeting.
  - Keep working to have parents from each school.
  - Parent attendees have greatly enhanced meetings. Assure succession plan in place when current parent moves on.
  - Getting school administrators and teachers on board, identifying the staff leaders in each school. Allowing time for professional development in wellness area.
  - More visibility in the TAB, with website, announcements, etc.
3. What issues do you see emerging from your school community that you would like to see the Wellness Committee focus on?
  - Food culture: addressing fund raising, cultural exchange
  - Alternative physical activity for the not-team sport crowd
  - Mental/health/guidance at younger grades
  - Nutrition in schools and opportunities for active play (too little outdoor time)

- Media policy- (example: showing CNN clips during the time of initial ISIS beheadings, parent response halted this practice but we've been sensitized to the lack of media policy.)
  - Related to media, non-educational media (movies being shown in classroom- not bad ones (Ice Age, Mathilda, Madagascar, etc.) but substituted for indoor play during bad weather. Child complains that kids in classes with "old" teachers are allowed to get to move, play indoor games, etc. @ recess than have to sit and watch old movies. This is modeling that down time/rainy days = mindless media. Teachers and others seem to be unaware of a media policy. Media=obesity=depression=risk behaviors – this is why it is a wellness issue.
  - Mindfulness, nutrition and physical activity
  - Increasing enrollment at the high school, how to stay well, with so many people around!
  - Already trying to limit food in classrooms, my main concern is food allergies.
  - Start in elementary schools – focus on basics (nutrition, sleep, movement) and extend it to resilience in order to prevent mental health issues.
  - Optimizing physical activity for kids. Using our physical spaces actively.
  - Reducing teen stress
  - Support our students increasing community dialogue & literacy around diversity/inclusion
  - Internet safety is becoming an issue in younger grades
  - Food in classroom
4. What specific topic areas are you interested in?
- Food, health, mental health, mindfulness awareness, promoting self-actualization & critical thinking in students
  - Physical activity for mental and physical health
  - Media policy
  - All ...
  - Food/nutrition/exercise and fitness
  - Inclusion: health and race
  - Health & nutrition-especially dealing with children's food allergies
  - Nutrition and mental health
  - Physical activity and nutrition
  - Health dating practices (C.E.R.T.S.)
  - Reducing academic stress in every grade
  - Nutrition, healthy eating
  - Yes!
  - Wherever I can help I am happy to help
  - Involved with B-PEN
  - Nutrition
  - Food subcommittee