

## Norwayne Wellness Committee Minutes

APRIL 18, 2018 3:00 PM

The Norwayne Wellness Committee met on Wednesday April 18, 2018 at 3:00 PM in the High School Conference Room. The following members were present:

Debbie Rupp	Parent	Lance Larrison	Student
Kathleen Stanley	Parent	Tammy Rastorfer	Elementary Head Cook
Karen O'Hare	Superintendent	Deb Winkler	High School Head Cook
Kevin Leatherman	Middle School Principal	Sandy Hadsell	Treasurer

Mrs. O'Hare led introductions and thanked everyone for volunteering to be part of this committee. She reviewed the minutes of the December 15, 2016 meeting.

The current wellness policy was reviewed. Members commented that in light of recent safety concerns for students, that reference to mental health and safety should be included. Lance shared with the group the principals found in the Ashland University wellness policy and members are going to review those plans and develop a model from that for updates to our policy. The principal areas of wellness referred to in the Ashland University policy were physical, emotional, environmental, spiritual, and mental wellness.

The use of cell phones and social media by students was discussed with regards to student wellness. Policies of other school districts was discussed and those will be shared with the administrative team and school board for further review. The ideas of Green, Red, and Yellow zones with in the school building were discussed.

The committee determined that three goals would be set for the coming school year.

#1 Provide links to the Medical Mutual, and Jefferson Health Plans wellness pages and encourage staff to use these websites as a resource to improve overall physical, mental, and emotional health.

#2 The Committee would encourage the administration to provide assemblies and presentations promoting healthy lifestyles, and positive use of cell phones and social media.

#3 The Committee will review the Ashland University policies and bring ideas for updating our wellness policies at the next meeting.

#4 The Committee will work with Voag Teacher Abby Vantyne to formulate a plan to use the FFA greenhouse to grow fresh vegetables that may actually be used in the school cafeteria.

The committee will try to meet again in the fall when school resumes.

Respectfully submitted by Sandy L Hadsell, Treasurer