



Mesa Wellness Committee Meeting Minutes

February 06, 2019

Present:

- Jessica Friedermann, Principal
- Jennifer Voorhees, Teacher
- Audra Horne, Parent
- Mark Lockey, Facility Director
- Cody Haverland, Physical Education Coach
- Steven Nimmons, Playground Supervisor
- Becci Alvarado, Food Services Director
- Cyndi Stumer, Director of Health Services

1. CALL TO ORDER: 2:06 PM by Cyndi Stumer
2. Wellness Plan Assessment – A motion was duly made by Jessica Friedermann, to accept and approve the Noah Webster Schools-Mesa Wellness Plan Assessment Tool created by Cyndi Stumer, and approved by the Governing Board. The motion was seconded by Steven Nimmons.

Prior to a vote, the committee viewed each item on the NWS Wellness Plan Assessment with scoring as follows: 24 items received an outstanding (5) score, 18 items received a score of a 4, 4 items receiving a score of a 3 and 1 items scored a 2. There were no items receiving a score of 1. All items receiving under a 3 or below were reviewed as follows:

Item	Score	Action/Comment	Motion Carried by	2nd	Adopted
Students Encouraged to eat full meal	3	Students will be encouraged by all staff to eat their whole meal by opening a dialogue with students by teacher, Coach and playground staff.	Becci	Jennifer V.	By Unanimous vote
Students Utilizing hand sanitizer	3	Coach and PG staff will remind all students to utilize hand sanitizer. Maintenance will consider relocation of dispensers based on a	Mark	Becci	By Unanimous vote



		one month observation.			
Collaboration with outside agencies to promote health and wellness	3	Cyndi Stumer will network with Community Public health nurses for other NWS outreach opportunities	Jessica	Cyndi	By Unanimous vote
Effective Bully Program	3	A new teacher training program has been implemented. Existing staff will receive refresher classes. A parent night will be scheduled.	Jessica	Audra	By Unanimous vote
Student walking routes reviewed	2	The Walker policy will be reviewed to ensure compliance and make any necessary changes.	Mark	Jessica	By Unanimous vote

Following the review of the findings and proposed action plans of the Assessment Tool, the committee voted unanimously to accept and approve the Noah Webster Schools-Mesa Wellness Plan Assessment Tool created by Cyndi Stumer, and approved by the Governing Board as part of the Wellness Plan.

3. Community Dental – The current outside dental program was reviewed. Cyndi Stumer informed of the Committee that Community Dental is scheduled for Spring 2019.
4. Health Promotion Flyers: The following flyers were presented for Committee approval:
 - a. What is my Plate- Motion made by Jessica Friedermann, 2nd by Jennifer Voorhees and unanimously accepted by the Committee.
 - b. Healthy America - Motion made by Steve Nimmons, 2nd by Jennifer Voorhees and unanimously accepted by the Committee.
 - c. Summer Lunch Program- flyers were presented to the committee to review. A motion was made by Becci Alvarado, 2nd by Jessica Friedermann and unanimously accepted by the Committee.
 - d. The committee voted on the “What is my Plate” flyer to be sent home at the beginning of each school year, the “Health America” flyer to be sent home in January annually, and “Summer Lunch Program” flyer in May. The motion was carried by Cyndi Stumer and 2nd by Jessica Friedermann. The committee voted unanimously to approve the flyers and their release dates as discussed.
5. No changes to the current Wellness Policy were made.



6. Cyndi Stumer will prepare the minutes for the meeting and meet with Administration to establish a date for next year's Wellness Committee. Calendar date will be provided by the 3rd quarter of current school year to the committee with notification to the public pursuant to A.R.S. 38-431.02.
7. ADJOURNMENT 2:35 pm