

## Apr 15, 2025 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould Emily Gustafson Angela Christensen Alissa Powell  
Jo Fountain Leslie Levine Logan Meier Misty Fritz Teresa Burden Jason Hill  
Leslie Skundberg Leah Schwarzrock

### Notes

- Board Update: Increased graduation requirements.
  
- BOE Presentation - May 8, 2025
  - Board Policy
  - Committee members
  - Committee Focus
    - Recruitment - aiming for more principal and student involvement next year
    - Alternative rewards
    - Standardizing Wellness Initiatives to push out throughout the year while letting schools maintain some autonomy on things they already do that align with these initiatives.
    - Wellness Champions
  
- Move to School Initiative
  - Meetings with Elementary & Secondary schools ahead of time to highlight what they may already be doing
    - Secondary meeting - much more focused on bike safety & e-bikes
    - Elementary meetings - shared different things schools are doing
      - Ex. Plans for bussed students to take a lap around the playground, dance breaks throughout the day, etc.
  - Priority is safety
    - Info highlighting safety
    - Seeing how it goes this first year and then growing based on feedback
    - Including info on bike locks and the importance of crosswalks
  
- Meetings for next year
  - Quarterly meetings starting half an hour later to accommodate schedules
  - May have additional ad-hoc meetings with Wellness Champions to complete initiative-specific work
    - Sharing best practices with committee

### Action items

- Finalizing Move to School documents/communication with Communications Department
- Sending calendar invites for next year's meetings