

HEBER-OVERGAARD USD #6

WELLNESS COMMITTEE

MEETING – April 1, 2020 at 3:00 p.m. Zoom

AGENDA

Roll Call – Brenda Samon, Christie Duncan, Broke Andersen, Marti Ballesteros, Duane Tomlinson, Jim Maner, Gina McLean, Christin King, Pam Harris, John Joyner, David Plantholt, Brandon Martineau

Regular Agenda:

1. Review issues addressed in minutes from April 23, 2019.
 - a. Healthy Snacks – Was it included in the opening school packet? Was it posted on our website as well?
 - b. Mighty Mustangs – Arrangements were made to conduct Mighty Mustangs in Marti's and Christie's class in November. What was the outcome? I never got any feedback.
 - c. Mogollon Athlete Development Club has been added to our Wellness Policy.
 - d. Meeting times. Agreed to have meetings twice a year at our last meeting. We didn't meet the first semester.
2. Triennial Progress Assessment – Review results of the Assessment.
3. Health Education – What is actually been taught at the different grade levels? Teachers please report from your site on this matter.
4. Discuss District Menu's – Ideas to help increase meal participation.
5. Add goals for nutrition promotion – Activity Ideas: Offering contest, surveys, promotions and/or taste testing. Providing information to families to encourage consumption of healthy foods at home. Posting Nutrition Resources.