

# South Harrison R-II School District

P.O. Box 445, Bethany, Missouri 64424  
Phone 660-425-8044 - Fax 660-425-7050  
Dennis L. Eastin, Superintendent

## Wellness Committee Meeting Agenda 5:30pm-South Harrison High School February 17, 2016

- I. Introduction of Members of Committee
- II. Identification of Purpose
- III. Discussion of Timeline
- IV. District Wellness Program Procedure
  - A. Goals of Policy
    - i. Promote Student Health
    - ii. Reduce Student Overweight/Obesity
    - iii. Facilitate lifelong healthy habits
    - iv. Increase Student Achievement
  - B. Nutrition Guidelines – Cathy Hill
  - C. Food Sold in Schools
  - D. Fundraising
  - E. Water and Milk
    - i. Sharing Table
  - F. Nutrition Education
    - i. Nutritional Knowledge & Skills
      - i. Provide Instructional Activities
      - ii. Cooperate with Local Agencies and Community
    - iv. Consistently Promote Healthy Eating
  - G. Nutritional Promotion
  - H. Physical Activity
    - i. Appropriate Physical Education
    - ii. Intramural/interscholastic Athletics & Clubs
    - iii. Provide Joint School & Community Activities
    - iv. Prohibit Physical Activity as Discipline
    - v. Discourage Periods of Inactivity
    - vi. Provide Opportunities to Staff
  - Community Involvement
  - J. Family Involvement
  - K. Marketing & Advertising
  - L. Mealtimes
  - M. Staff Development & Training
  - N. Staff Wellness
  - O. Tobacco
  - P. Oversight & Evaluation
  - Q. Compliance Indicators
  - R. Policy Review
- V. Family Involvement Homework
- VI. Adjournment

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## DISTRICT WELLNESS COMMITTEE Minutes of 02/17/16 Meeting

Present: Dennis Eastin, Sara Knorr, Dr. Jack McCall, Melissa Miller, Cathy Hill, Gary Wastell,  
Tanner Daugherty

Absent: B.G. Coffey

### CALL TO ORDER

The meeting was called to order by Dennis Eastin at 5:35pm with 7 members present and 1 absent.

### INTRO OF MEMBERS

Each member of the committee introduced himself/herself to the others.

### IDENTIFICATION OF PURPOSE

The purpose of the committee is to advise, to promote, and to assist in the assessment of the program and the activities.

### TIIMELINE

At this time it is believed that two more meetings will be needed.

### WELLNESS PROG PROCEDURE

Using the procedure from South Harrison BOE Procedure ADF-AP1, the committee was presented information concerning procedure content and current activities and programs that are being held and/or offered.

### NEXT MEETING INFO

The committee members are asked to think about how to improve family involvement and also possible assessment procedures.

### ADJOURNMENT

The meeting was adjourned at 6:15pm.

**NEXT MEETING:** Wednesday, March 23, 2016, 5:30pm at high school.