

Wellness Committee Meeting Notes

Monday, Sept 10th 2018

3:30 P.M. @ PLMS Library

In attendance: Mary Stegner, Lisa Howes, Alice Brown, Dina Loraas, Felicity Steers, Tiffany Dobbs, Jana Sylvia, and Kelly O'Connell

Missing: KC Wheeler, Lewann Ball, Kristine Maxwell

Meeting Notes:

1. Minutes were reviewed and approved from the previous meeting in May.

2. Sub Committees:
 - a. Farm to School Initiative/Budget –Lisa reported that several fresh items from local farmers (watermelons, cantaloupe, and corn) are currently being served in our schools. Lisa is trying to figure out away to let parents know what items are locally grown, made from scratch, and are new on the menu.

 - b. Nutrition/Menu– Mary, Lisa, Kristine and Kelly

Kelly met with Jim Foudy regarding several wellness issues. One item he encouraged the wellness committee to look into was applying for a grant. This grant would be for a nutrition consultant. The grant would be a large one (30,000 or more). The consultant would help design menus, restructure the system and work with all our kitchen staff to become more efficient across the district. Lisa informed the group of how this could work. There are people such as Chef Ann who are hired to go into schools and reorganize and restructure what we are doing in the district.

Tiffany Dobbs mentioned a foundation grant in our community that could help in this process. Jenny Rumelly from St. Luke's would be the contact person. The Auxiliary and MDEF also has grants available. Mary, Lisa, Kristine and Kelly will meet soon to start the process.

- c. Policy – Kelly

The policy team will be working on a multiyear project to go through all the policies and update them. They will be working on the 2000 series first. The wellness policy is in the 8000 series. It will be discussed when we get to that series.

d. Community issues – Kelly

YAP – Family Series –

Starting October 7 th, YAC is hosting a FREE series to support youth and families with the theme “what keeps youth up at night.” The 4 part series will be Monday nights from 6-8 pm at Idaho First Bank. Day care will be offered.

VCORP - Valley County Opioid Response Project

Mission: mobilize community strengths to empower the physical and mental health and well-being of youth and families through innovative initiatives in Valley County.

ROC Recovery Oriented Community

[Suicide Deaths are a Major Component of the Opioid Crisis](#) – National Institute of Mental Health Director Joshua A. Gordon, MD, PhD

A FREE webinar opportunity to learn more about the **Icelandic Prevention Approach** with Dr. Smith who presented to VCORP in March. More information in the link: <https://www.boisestate.edu/ceh/megan-smith-to-present-webinar-on-combating-youth-substance-abuse/>

<https://prevention.odp.idaho.gov/youth-e-cigarette-and-vaping-education-mini-grant/>

e. Staff Wellness - Dina

Jen Stone offered to help. They would get a flyer out for the staff regarding times and locations for gatherings.

f. Other items to discuss/goals

3. To do list –

4. Next meeting will be in November. Kelly will set a date and email everyone.

