

**Members Present:**

Mike Illg - School Board

Melissa Linton, District Office Administrator

Mark Fraad - PE Teacher, Seward Elementary

Lisa Julissen - PE Teacher, Soldotna Elementary

Diane Buchanan - District Nutrition

Iris Wertz - District Charge Nurse

William Withrow - Principal, Redoubt Elementary

Selma Casagranda - Student Representative, Seward High School

Amorette Payment - Community Member, Parent

Tela O’Donnell - Community Member, Parent

**Member(s) Absent:** Stacy Cockroft - District Office

[**October 29, 2020**](#ykezqbnhf4zp)

**Virtual Meeting 2:00-3:00 pm**

[**ZOOM LINK**](https://kpbsd.zoom.us/j/2740640991)

**Present:** [**GOOGLE FORM**](https://forms.gle/wxmDrL6vbgtmCUbL7)

**Agenda**

Welcome and Introductions

Review of our Committee’s Charge

Updates from Nutrition (DB)

Survey revision

Next steps and closing

[**10/29/20 Meeting Notes:**](#ykezqbnhf4zp)

The Wellness Committee took time to introduce themselves and shared one thing they are doing to take care of ourselves during the pandemic.

The committee reviewed the committee’s charge and changes made to Board Policy 5040 in January 2019. The revisions updated language to meet the requirements of Federal breakfast and lunch guidelines. Language in that policy revision states that physical activity should not be used as a punishment, but rather an effective strategy for students to re-engage in their learning and self-regulate their behaviors.

Next, the committee discussed the purpose of the Wellness survey and how Covid might impact the results of such a survey. It was concluded that other types of data should be considered to create the report for the BOE. For example, the nutrition program has data already available that we do not currently utilize. Ms. Linton will develop a list of possible data points for the committee to consider.

The Committee then discussed how we could take a more active role supporting programs for students and families that support wellness. One idea was to create PSA so that more students take advantage of free meals that are being offered during the 2020-2021 school year. Our student representative will also seek input from KPBSD student council.

Our next meeting will be held in January, 2021. Date and time TBD