

Metro Schools Wellness Committee

Meeting #1 – Wednesday, February 9th, 2011 4:30-6:00pm

Group Formed:

MEMBER	ROLE	EMAIL
Mary Hunn	Facilitator	mhunn@designlearn.net
Shannon Thorson	Administration, Community Member	sthorson@lighthouse.charter.k12.mn.us
Jenna Rossiter	Teacher, Community Member	jrossiter@lighthouse.charter.k12.mn.us
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Leydi Millan	Administration	lmillan@lighthouse.charter.k12.mn.us
Joli Austin	Teacher, Community Member	jaustin@lighthouse.charter.k12.mn.us
Teresa Gloppen	Teacher	tgloppen@lighthouse.charter.k12.mn.us
Louise Covert	Board member, Teacher, Community Member	lcovert@lighthouse.charter.k12.mn.us

Mary Hunn, Designs for Learning Consultant:

-Distributed handouts and introduced the MN law requiring all schools to create and implement a wellness policy. A Department of Education audit (approx. every 5 years) will evaluate this policy and its implementation. Tangible promotions of wellness are required.

-Distributed and reviewed a model outline for meeting objectives

The group then began working through an evaluation of the school's current considerations on wellness using a tool provided by Mary. Nutritional policies were considered. The group agreed to postpone the discussion of physical activity until the next meeting.

Specific topics that will require more discussion in light of the evaluation:

-Advocating for a change in caterers → Nutritional analysis of menus, possibility of cultural food days, serving more appealing and more nutritious food, healthier options for snacks, keeping in mind religious dietary concerns , i.e. halal meats

-Creating a health/wellness page for the school website

-Holding wellness events, more actively promoting mental and physical health

-Devising policies that will be *implementable*

Next meeting scheduled for Wednesday, February 23rd, 2011 at 4:30pm