

Members Present: Dustin Vincent (Middle School PE Teacher), Anna Tiffany (Upper School PE Teacher), Scott Weispfenning (Lower School PE Teacher), Kelly Gutierrez (CFO), Marianne Thole (Food Service Director), Candace Westlund Licensed School Nurse)

Absent: Jane McMullen (Community Member and Parent), Susan Mueller (Parent Group Representative), Jay Merrigan (DAPE Instructor), Keven Seim (Associate Activities Director)

Reviewed and approved minutes from February 2017 meeting

Anna Tiffany invited Lizzy Thierl to be a student representative to the committee. She will check with other students about this position as well.

Committee discussed adding short and long term goals in regards to physical education parameters within the policy. These ideas include adding descriptions of opportunities already in place, as well as new ideas including:

- Offer option for a structured opportunity in morning as an alternative to open gym. (yoga)
- Explore the idea of having “brain prep” videos along with the current “brain breaks”
- Record videos with mascot so young students are less afraid, and encouraged by mascot to move.
- Add: Archery to curriculum (PE teachers were certified)
- Add: SCPA does Presidential Physical Fitness Testing
- MS and US have implemented technology (heart rate monitors)

The committee will continue to explore brain prep plan including:

- Training for PE teachers
 - Immerse PE teachers in yoga (summer membership to Core Power Yoga)
 - Yoga certification for PE teachers
- Training on PD days for staff on yoga and meditation
 - Demonstrate positions and benefits/why, the mind/body connection
- Brain prep videos for teachers to use
- Pilot program with a couple of teachers in each division before implementing school wide
 - Identify specific students in the pilot classes, track their absences/HO visits and survey them
- Present findings of pilot to entire staff

Upcoming needs:

Anna Tiffany will approach the Professional Development committee to schedule a presentation on benefits of yoga and meditation/breathing in class, ideally at the end of this year or opening days of the 2017-2018 school year.

Kelly Gutierrez will invite possible speakers for this PD presentation



Wellness Policy Committee Minutes

March 30, 2017

Kelly Guieirrez will arrange for expert to speak to PLC8 (Physical Education/Health PLC)
Wednesday, April 5

Wellness Committee will continue to discuss revising the Wellness Policy to meet new requirements regarding short and long term goals

Next Wellness Policy Meeting April 27 8:15 AM in Main Office Conference room