

Wellness/Nutrition & Physical Activity Advisory Committee

Zoom Link- <https://rochester-wednet-edu.zoom.us/j/3608581810>

May 19, 2022

Members

Mary Andree, EA GMES

Galina Dobson, Sodexo

Kim Fry, Superintendent

Francie Ishler, Teacher RPS

Michael Langer, Board Member

Willow Shanahan, Teacher RMS

Community Members

Dani Cearns, Assistant Principal RHS

Maggie Evans, Director

Lisa Gideon, School Nurse

Pam Johnson, RHS EA

Kelsey Lincoln, Assistant Principal GMES

Kevin Wilson, Assistant Principal RHS

1. Introductions

2. Review of the 3-10-22 Minutes

https://docs.google.com/document/d/1K3J7iysviVNfMMUXavg_IVfm530Bsluu4HD0kbJDZiw/edit?usp=sharing

3. Food Service & Physical Education Updates

Aaron Bradford will be rejoining the Sodexo tea. He will oversee the food service programs in Rochester, Centralia and Chehalis starting in July.

Planning summer food service- we are not able to offer free meals- have to eat meals on site. Flyers of the summer meal program.

4. Shared Learning - Smart Health by [HCA/SEBB](#)

Discussed Smart Health program and ways to incorporate that into some district wide health programs/activities. Potentially becoming a Smart Health employer sponsor to get Smart Health credits for things we already do. Maggie to look into it more.

Discussion about offering district wide training on Smart Health program and \$125 Wellness incentive.

5. Developing Systems to Support Educator Wellness

Building Staff Relationships through Social Interactions - Building check-ins

[The Way to Staff Well-being in Schools: Healthy Habits for Educators](#)

6. Set Meeting Dates for 2022-23

Maggie will set and send them out via calendar. Thursdays and 3:45 over zoom still good for everyone.