



Warren Consolidated Schools

Creating Dynamic Futures through Student Achievement, High Expectations, and Strong Relationships

Wellness Committee Agenda & Minutes

January 9, 2023

- A. Review of minutes from November 2, 2023
- B. Update on district-wide Go Red Day, February 3, 2023
 - As of January 11, we have raised \$1,075.
 - Additional email reminders will be sent out on January 16 & 19.
- C. Update on Jump Rope for Heart – Elementary PE
 - PE teachers are completing survey to determine implementing heart healthy initiatives.
 - Aiosa, Kyewski and Tremmel will meet with PE teachers during their PLC PD day on January 24.
- D. Goal/goals for 2022-2023 school year
 - a. Student leadership
 - West has enlisted NHS students, one from each high school. Committee discussed defining their role and possible partnering them with supporting the PE teachers' heart healthy initiatives at the elementary level.
 - b. Parent participation
 - The Board Policy encourages parent participation. We may be able to enlist participation from the Health Advisory Committee once it is re-established.
 - c. School-based wellness initiatives
 - Request for administrators to submit building-based activities that were accounted for in previous wellness activity reporting. – Tremmel will send out email.
 - To generate school level involvement, committee discussed running wellness ideas/initiatives through the Build Policy teams.
- E. BOE – Wellness Committee update
 - Update on initiatives will be provided to the BOE on January 18.

Future Meeting Dates: April 13 and June 8 @1:30. Appointments have been sent to your calendars.

Committee Members:

Amanda Abernathy
Ann Clark
Pamela Fry
Frank Kyewski
Albana Metaj
Khris Nedam
Corey Tremmel

Brian Aiosa
Doreen Dickman
Jennifer Grigg
Terri Laws
Craig Miller
Megan Papasian-Broadwell

Jill Alm
Caroline Dylewski
Ashley Agrusa
Kyla Marcial
Ronetta Muha
Alecia West