

NEWFOUND AREA SCHOOL DISTRICT
Wellness Committee Agenda

February 15, 2023

3:00-4:00pm

Location: NMMS LMC

- I. Meeting Called to Order
- II. Approval of January 18, 2022 Meeting Minutes
- III. Continuation of working on the 3 priorities based on the data in the SHI:
Increase Family Engagement (SHI Module 10)
Increase Community Involvement (SHI Module 11)
Update NASD wellness policy
- IV. **Updates of spring wellness events:**
 - a. Elementary Schools (DES, BES, NHCS, BHVS)
 1. Lion's Quest inspired wellness videos/news
 - b. Middle School (NMMS)
 1. Approval/ final roster of Teen Institute's LIP in March
 2. NMMS wellness announcements
 - c. High School (NRHS)
 1. Getting to Y
 2. New YRBS data?
 - d. District-wide
 1. Narcan Training
 2. PASTA (Parenting a Second Time Around) support and informational group for kinship providers. School Social Worker and her PSU Intern to co-facilitate a 7 week group on Tuesday evenings 3/7, 3/14, /3/21, 3/28, 4/4, 4/11, 4/18
- V. **Update and make recommendations of NASD Wellness Policy to School Board Policy Committee by the end of the academic year**
 - a. Current wellness policy focuses on 2 main aspects of wellness: nutrition and physical movement. It is missing a 3rd key component of holistic wellness (social-emotional wellness)[JLCF Healthy School Wellness.pdf](#)
 - b. create sub-committees to address:
 1. nutrition policy updates
 2. physical movement updates
 3. create social-emotional wellness component
- VI. Next Meeting schedule (every 3rd Wednesday January- June 2023 from 3:00-4:00 pm at NMMS LMC)

February 15 Mar 15, 2023 Apr 19, 2023 May 17, 2023