

Wellness committee Notes

2/13/23 10am at the West Jordan location

Those in attendance:

Michelle Petrulsky Admin
Rachel Zager Kitchen Director
Floyd Stensrud Admin
Kimberly Oliver Admin
April Larsen Kitchen Manager
Brenda Thomas Parent
Christine Unsiker Parent
Joy Leavitt
Jeremy Craig Admin
Kristi Kunz Admin
Brienne ? Nurse

Brenda Thomas:

- *Would like to see the opening statement focus more on mental health. She feels this is very Important!
- *Would like to have you consider adding Dental screenings along with the vision screenings. She says that Granite school district schools do it.
- *wonders if you can offer deodorant along with feminine Hygiene items for students.
- *She also has concerns about Sunblock allergies.
- * Floyd had a question and thought of wondering if the school should provide an opportunity to work with the district nurse to provide covid shots and or boosters to staff.
- *There was a suggestion made to maybe start with offering information on resources and when and how and where to find these types of resources.
- *possibility to get the Dental school students to come do the cleaning and then it would be the parents responsibility to follow up and through on any findings of cavities etc.

Christine Unsiker

*Concerned about PE expectations about Teachers and PE. She feels her student doesn't seem to be able to utilize and get the PE time.

*Jeremy replied to that and said that 30 minutes per week is what they should be getting at the south jordan campus.

*Jeremy said he would like to eventually get a PE specialist.

*Christine also mentioned she feels as she was looking through the wellness policy she feels under the Physical activity section that the letters "O" and "B" are very similar.

*Christine also asked if it would be possible to have recess before lunch

*Jeremy replied with the response that there should be 20 minutes of dedicated eating time and 5 minutes for recess.

* Kristi replied that this would take "heavy restructuring" of the schedule.

*Brenda made a suggestion and asked if it would be an option to combine A.M. lunch and recess.

* Another question was posed about the air quality, and how do we minimize air pollutants and what does that mean, and how did that work.

* Jeremy stated that the school has monitors/machines in each room that do help minimize but does not measure the air quality.

*Do the kids have adequate time to eat?

*Floyd says, 30 minutes for lunch

Michele says, a 30 minute time slot to eat and play combined.

*Jeremy says, 10 minutes to eat, 10 minute grace period to finish eating or play , then 10 minute recess.

*policy says , 20 minutes to eat once they sit down.

General Group -

Change Shall not to Restrict the use of Food and exercise as a reward/Punishment

Change the Heat index to 100 degrees for indoor recess

No opportunity for elementary schools to use exercise equipment

Change the hearing test as the school does not provide one annually

Floyd Stensrud and Kim Oliver will be in charge of Wellness Committee going forward