



Pacific Charter Institute

Wellness Committee Meeting Agenda Notes Date: January 29, 2024

1. **Roles Discussion:** a. Confirm and assign specific roles within the committee. b. Ensure each member understands their responsibilities and expectations. c. Identify a point of contact for future inquiries.
2. **Wellness Policy Review:** a. Conduct a comprehensive review of the current wellness policy. b. Identify any areas for improvement or updates based on recent developments. c. Discuss feedback from stakeholders and potential adjustments.
3. **Group Assessment:** a. Discuss Complete Healthy Schools assessment with group
4. **Goals Discussion:** a. **Nutrition Curriculum for Teachers:** i. Explore options for integrating nutrition education into the teacher curriculum. ii. Discuss potential training sessions or resources for educators.

b. **Nutritional Values on Website:** i. Determine a plan for regularly updating and displaying nutritional information on the school website. ii. Assign responsibilities for content creation and maintenance.

c. **School Garden:** i. Review progress on establishing a school garden. ii. Discuss maintenance plans and potential educational uses for the garden.

d. **Review of Guidelines on Promoting Outside Food:** i. Examine current guidelines and policies related to outside food promotion. ii. Discuss any necessary revisions to ensure alignment with wellness goals.
5. **Next Meeting:** a. Confirm the date, time, and location of the next Wellness Committee meeting. b. Discuss potential agenda items for the next session.
6. **Closing Remarks:** a. Allow for any additional comments or concerns from committee members. b. Express appreciation for everyone's commitment to promoting wellness within the school community.