



## Spring 2022 Wellness Committee Meeting

**May 12, 2022**

**2:00 – 3:00 pm**

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<b>2:00-2:05 pm</b>	<b>Welcome/Introduction</b>	Kokeeta Wilder Director of School Nutrition
<b>2:05-2:20 pm</b>	<b>Guest Speaker</b>  Smart Snack Compliance	Dr. Hui Clevenger, Ph.D. GADOE Area Consultant
<b>2:20-2:25 pm</b>	<b>District Smart Snack Protocol</b>	Nakeitha Carter Menu & Wellness, Lead Manager
<b>2:25-2:40 pm</b>	<b>Guest Speaker</b>  Wellness Policy: Background & Requirements	Adrienne Holloway GADOE Wellness Support Specialist
<b>2:40-2:45 pm</b>	<b>Guest Speak</b>  Employee Wellness Opportunities	David Munoz Piedmont Wellness Center
<b>2:45-2:50 pm</b>	<b>SY: 2021-2022 Goals Assessment</b> <ol style="list-style-type: none"><li>1. Increase School Gardens</li><li>2. Advertise/Promote a local Wellness Center for Employees</li><li>3. Give parents and teachers a list of healthy options for student celebrations.</li></ol>	Kokeeta Wilder Director of School Nutrition
<b>Survey Results</b>		
<b>2:50-2:55 pm</b>	<b>SY: 2022-2023 Goals</b> <ol style="list-style-type: none"><li>1. Encourage water consumption to students, faculty, and staff throughout the day.</li><li>2. Encourage employee safety and wellness by hosting trainings such as CPR, Stop the Bleed, and Flu Clinic at your school.</li><li>3. Encourage or host extracurricular physical activities for students such as running clubs, or walking clubs before or after school.</li><li>4. Encourage or host physical activities for faculty and staff such as yoga, Zumba, aerobics, CrossFit, walking clubs, or boot camp before or after work hours.</li><li>5. Limit sugary snacks offered to students in the classroom as rewards.</li><li>6. Offer school-wide promotions using community partners to encourage healthy eating and physical activity.</li></ol>	Kokeeta Wilder Director of School Nutrition
<b>Survey Results</b>		
<b>2:55-3:00 pm</b>	<b>Q &amp; A/Closing</b>	Kokeeta Wilder Director of School Nutrition

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