**Wellness Committee Meeting # 2**



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Thursday, January 30, 2020

Ed Center, Computer Lab

1:15 to 3:30 pm

**AGENDA**

1. **Introductions**
2. **Member updates**

- Nutrition (T. Leggat- Inclusive Ed Coord.)

* Counselling (K. Mundell- Counselling Coord.)
* Human Resources (R. Jesse- HR)
* Smudge Protocol (M. Asquith)
* Chris Windle
* Lyndsey Spring

1. **AHSCWF**- $20,800- middle schools outdoor initiatives- struggles
2. **Health Champ planning**- shifting these meetings to networking and learning opportunities, Alison and Kurt are at EverActive this week- they will be bringing back learning- a need to focus on FNMI wellness – feedback around what PL would be worthwhile, next agenda ?
3. **Indoor recesses –** Lyndsey providing ideas/sharing
4. **Parent wellness-** Diversity and Inclusion Table discussion- how can we support parent wellness as a Division- healthy parents=healthy students, do we know what our parents think/believe about wellness ?
5. **Physical activity initiatives**- ideas from the Committee
6. **Wellness Website**- ideas from the Committee
7. **Struggles impacting wellness- SRO decline, Making Connections, Fridays for Kindergarten teachers, FNMI staffing decline**