

EXCELSIOR CHARTER SCHOOLS WELLNESS COMMITTEE

AGENDA

December 16, 2019

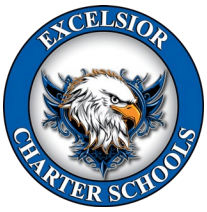
15505 Civic Dr.
Victorville, CA 92392

In Attendance:

1. Opening/Welcome
2. Establish Committee Roles and Responsibilities:
 - a. Wellness Committee will meet a minimum of four times a year. Additional meetings will be scheduled throughout the year as needed.
 - b. Committee members will be asked to relay information provided to each campus and assist in developing media materials/assemblies/etc.
 - c. Committee members will bring feedback from their campus staff and students to each meeting.
 - d. Committee members may attend conferences as it relates to the development of Excelsior's Wellness program.
3. Communication to Administrators to share
 - a. Smart snack purchase thru Amazon
 - b. Daily lunch items should be included in the morning announcements at each site.
4. Active Academics- Workshops teachers include a variety types of movement before or during instruction
 - a. Stretching
 - b. Non-sedentary instruction
5. Monthly Riddles: Promote healthy living
 - a. Riddles will be created by Ke'Auna Montgomery.
 - b. Development of Rewards will be based on

To Do Items:

1. Advertisement Materials
 - a. Posters developed for each month based on Wellness topics
 - i. Active Transport—(January)
 - ii. Yoga and Mindfulness- (February)
 - iii. Nutrition (March)
2. Wellness Calendar- Accessible by all campuses. To be posted on the website
 - a. Contains Nutritional Meetings/Activities in the Community
 - b. Contains information on Physical Activity Events in the Community
3. Campus Assembly
 - a. School wide campus assemblies based on healthy eating, physical activities
4. Research Hydration Stations for each site.
5. Upcoming Conferences
 - a. January Wellness Summit: January 30, 2020



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- i. University of Redlands – Sponsored by SBCSS
- b. SRSWC- Southern Region Student Wellness Conference
 - i. Palm Desert July 27, 2020 to June 31, 2020
 - ii. Register: Derek King, Ke’Auna Montgomery & Kim Morrow
- c. Create Excel Sheet