


Program:	Wellness Committee – Student					
Date:	1/17/24	Time:	2:30 PM		Location:	Sports & Exercise
Previous 1Mtg:	12/117/23	Next Meeting:	N/A			
Facilitator:	Mr. Harden	Time Keeper:	Chasity Love			
Note Taker:	Coach Mo					

AIM 1	Read and learn the wellness policy
AIM 2	Identify certain physical activities throughout the school
AIM 3	Research ways to influence Student Wellness

Previous Action Items	Person(s) Responsible	Update/Notes
Eating Healthy Posters	2:30pm	Purchasing Healthy Eating Posters for the cafeteria

Topic	Time	Discussion	Notes
HOSA Education	2:30pm	We discussed HOSA Education and the importance of it.	Lyna and Falth are continuing working with students working on a pair and share activity that covers this material.
Nutrition Group	2:30pm	Fruit & Vegetable Bar	New and improved fruit and vegetable bar for students. Encouraging students to find interests in trying new food groups.
Student Feedback	2:40pm	Cafeteria	Students are enjoying the food that's been served. They love and are requesting to keep trying new foods and vegetables.
Nutrition Group	2:50pm	Tasting Table	Nutrition Group is looking into creating a table where students can taste healthy foods.

New Action Items	Person(s) Responsible	Deadline

Empowering students through advanced technologies, integrated instruction, and community partnerships to succeed in career, college, and life