

Welcome!



2nd District Wellness Committee Meeting

1. Please sign in at the table
2. Please help yourself to food

Agenda:



- **Calendar Updates**
- **Chairs**
- **Board Suggestions**
- **Team Goal Time**
- **Reconvene**
- **Prize Drawing!**

Calendar Updates:

Thursdays

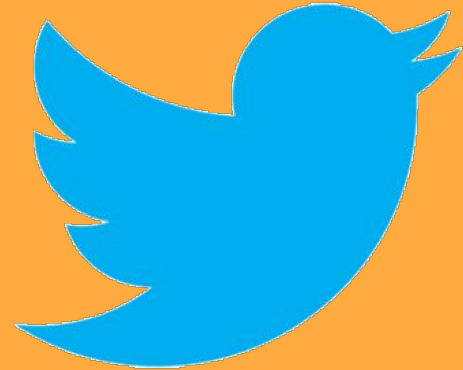
4:30-6:00 PM in the District Office Board Room

****November 13th DWC 6-7:30 PM @ Board Meeting****

- **November 15th**
- **December 13th**
- **January 17th**
- **February 21st**
- **March 14th**
- **April 25th**
- **May 16th**



Like & Follow Us



[@MadisonAZFoodServices](#)

[@MadisonAZ_FS](#)

[@MadisonAZ_FS](#)

DWC Chairs

Be the kind
of leader
that you
would
follow.



Physical: Janene Smith

Mental: Jennifer Frederick

Social: Matt Bloom

Board Suggestions

- Concerns with PE covering one recess period; as defined by statute, recess not only include physical activity, but more importantly social interaction.
- Include some mention of social emotional wellness; as physical and mental wellness are so critically linked
- Monitoring recess so that taking away recess will not be a form of punishment by teachers
- Mention of not only promoting healthy eating, but some acknowledgement that we need to be focused on ensuring that kids are in fact eating at all. That could include breakfast and lunch meals.

PE Section

- Proposed from the board
 - PE statement will be added due to new bill SB-1083 that has been approved

“Recess,” as defined in statute, means a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.

1. The District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through three (3). From and after August 1, 2019, the District shall provide at least two (2) recess periods during the school day for pupils in kindergarten programs and grades one (1) through five (5).

2. A school that offers a half-day kindergarten program is required to provide at least one (1) recess period during the school day for pupils in that kindergarten program.

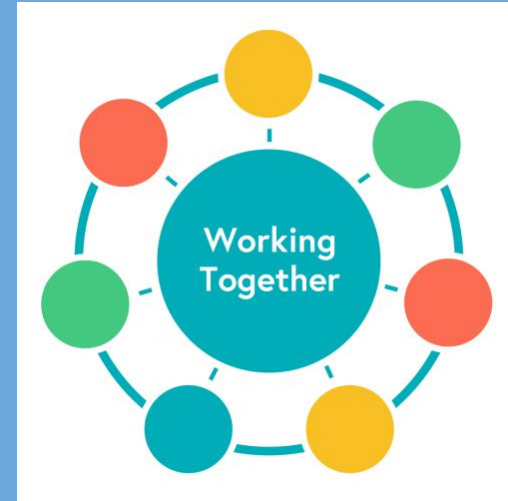
3. The District may count a pupil's participation in a physical education course during a school day as one (1) of that day's recess periods.

4. The District is not required to extend the school day to meet this recess requirement.

5. This recess requirement does not apply to middle schools, junior high schools, high schools, Arizona online instruction or schools in which the lowest grade of instruction offered is grade five (5).

Team Group Time

- Use the rest of the time today to work on your team goals
- Brainstorm your ideas for your team & go to the following Google Doc:



SMART Goals

S

• **SPECIFIC**

- Define the goal as much as possible with no unclear language
- **Who** is involved, **WHAT** do I want to accomplish, **WHERE** will it be done, **WHY** am I doing this – reasons, purpose, **WHICH** constraints and/or requirements do I have?

M

• **MEASURABLE**

- Can you track the progress and measure the outcome?
- How much, how many, how will I know when my goal is accomplished?

A

• **ATTAINABLE/ACHIEVABLE**

- Is the goal reasonable enough to be accomplished? How so?
- Make sure the goal is not out or reach or below standard performance.

R

• **RELEVANT**

- Is the goal worthwhile and will it meet your needs?
- Is each goal consistent with the other goals you have established and fits with your immediate and long term plans?

T

• **TIMELY**

- Your objective should include a time limit. Ex: I will complete this step by month/day/year.
- It will establish a sense of urgency and prompt you to have better time management.

Reconvene

- **Summarize physical goals**
- **Summarize mental goals**
- **Summarize social goals**



Prize Drawing!



Chipotle
Dinner for 2 voucher

Have a good night!



Next Meeting:

****Nov. 13th Gov. Board Room Meeting
If not, November 15th!**