

**Furlow Charter School
Wellness Committee Meeting
Wednesday, October 28, 2020**

The Wellness Committee met on Wednesday, October 28, 2020, in the Furlow Charter School Gym, beginning at 4:00 PM.

Present: Stephanie Duff, Lezley Anderson, Marcia McClung, Crystal Lingefelt, Brandon Mitchell (via Zoom), Becky Weiss

- **Reviewed current Wellness Policy**
- **Discussed recruiting new members**
- **Set 2020-2021 meeting dates**
- **Discussed developing and maintaining a plan for implementation of this policy**
- **Discussed adding Wellness Policy to employee and family handbooks**
- **Discussed communicating the importance of recess and ensuring recess is not withheld as punishment for any reason**
- **Discussed ensuring scholars are provided a minimum of 10 minutes of recess per day, in addition to brain breaks and PE**
- **Discussed creating a staff survey to explore how teachers are currently incorporating movement and kinesthetic learning approaches into core subject instruction**
- **Created committee action steps**

Committee Action Steps:

- **Develop implementation plan**
- **Develop specific, measurable nutrition promotion goals**
- **Develop specific, measurable nutrition education goals**
- **Create list of healthy party ideas to share with parents and teachers, including non-food celebration ideas**
- **Create list of foods and beverages that meet Smart Snacks nutrition standards**
- **Create list of alternative ways to reward children**
- **Create list of healthy fundraising ideas**
- **Create staff survey to learn how teachers are incorporating movement into lessons**