

3/21/2019

CUSD Wellness Committee Meeting

Notes:

- Attendance: 6
- Community Happenings:
 - o San Diego Mud Day June 29
 - Nature deficit disorder – attention difficulties in kids not in touch with nature, this gives them the opportunity to play in mud
- Updates to Wellness Policy, second read:
 - o March 7, 2019
- Increased site awareness of Wellness Policy:
 - o Will be included in registration packets
 - o Good feedback has been received from parents, more positive than negative
- Goals for SY 2018/19:
 - o Decrease recreational screen time and awareness across the district
 - o Screen Free Week is April 29-May 3, 2019
 - Promotion for elementary/preschool:
 - Screen Free Week Logs at SES, VES, ECDC
 - o Teachers at elementary schools will choose which activities to promote in their classroom
 - o Crown - Motion and Music focus
 - Promotion for middle/high school:
 - CMS – ideas from ASB include 1 day no technology “Disconnect to Connect”, obstacle course on campus, activities during lunch each day during Screen Free Week
 - CHS – lowest average screen time contest in classrooms
 - All sites:
 - Principals are involved in the planning of events at their site
 - Posters will be made by ASB/student council and hung at each site to promote the event
 - Screen Free Week banners will be hung at each site promoting the event
 - The marquee at all sites will promote the event
 - CUSD Screen Free Week bracelets will be given to all students at the beginning of the week to incentivize them to be mindful of screen use during the week
 - o Wellness Policy website has been updated to reflect updates to the Wellness Policy
- Announcements:
 - o None

Key Learning/Takeaways:

- Wellness Policy, second read was March 7, 2019
- Screen Free Week is April 29-May 3, 2019
- Wellness Policy website has been updated to reflect updates

Action Items:

- Continue Screen Free Week promotion and contact necessary parties to ensure that planning is running smoothly