

## CORONADO UNIFIED SCHOOL DISTRICT Wellness Committee Meeting

Thursday, January 31, 2019  
3:30-4:30pm  
District Office Board Room  
201 Sixth Street  
Coronado, CA 92118

*“There is no one giant step that does it. It is a lot of little steps.”  
-anonymous*

Time	Item	Who?
3:30-3:40	<u>Welcome and Introductions</u>	Charity
3:40-3:55	<u>CUSD Wellness</u> <ul style="list-style-type: none"> <li>• Community engagements/happenings</li> <li>• Wellness policy updates, first read in February</li> <li>• Increased site awareness of wellness policy-sent out to staff and parents               <ul style="list-style-type: none"> <li>○ To be included in registration</li> </ul> </li> </ul>	Group
3:55-4:25	<u>Priorities for sy 2018/19</u> <ul style="list-style-type: none"> <li>• Goals: Decreased screen time and awareness across the district               <ul style="list-style-type: none"> <li>○ Wellness Website has been updated with brochures/information on 5-2-10</li> <li>○ Screen-free week April 29-May 3, 2019                   <ul style="list-style-type: none"> <li>▪ Promotion week</li> </ul> </li> <li>○ Monthly newsletters- each month to reflect a different aspect of our goal</li> </ul> </li> </ul>	Group
4:25-4:30	<u>Announcements</u>	Group

UPCOMING CUSD WELLNESS COMMITTEE DATES for sy 2018/19

**CUSD District Office Board Room**

- Last Thursday of the month: March 21<sup>st</sup> and May 30<sup>th</sup>, 2019

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