

CORONADO UNIFIED SCHOOL DISTRICT Wellness Committee Meeting

Thursday, November 29, 2018
3:30-4:30pm
District Office Board Room
201 Sixth Street
Coronado, CA 92118

*“What you do today can improve all your tomorrows.”
-Ralph Marston*

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"> • Community engagements/happenings • Site wellness for sy 2018/19 • Updates to Wellness policy regarding staff wellness, pending board approval in January • Increased site awareness of wellness policy 	Group
3:55-4:25	<u>Priorities for sy 2018/19</u> <ul style="list-style-type: none"> • Goals: Decreased screen time and awareness across the district <ul style="list-style-type: none"> ○ 5-2-1-0 ○ Screen-free week April 29-May 3, 2019 ○ Monthly newsletters ○ Update to reflect student wellness in wellness policy 	Group
4:25-4:30	<u>Announcements</u>	Group

UPCOMING CUSD WELLNESS COMMITTEE DATES for sy 2018/19

CUSD District Office Board Room

- Proposed dates
 - Last Thursday of the month: January 31, March 21, May 31, 2019

Charity Johnson, MS, RD, CLE
Coronado Unified School District
Director, Child Nutrition Services
charity.johnson@coronadousd.net
(619) 522-8907 x2085