

Wellness Committee Meeting #1 SY 2022-2023 Minutes:

Meeting Called to order at: 3:35 PM October 25, 2022

Attendance:

Amanda Tarantino
Charity Campbell
Jaquelyn Neves
Amy Steward
Donnie Salamanca
Lindsey Cummins
Kelly Casey

Old Business:

Review of the Board Approved Wellness Policy

New Business:

Brainstorm areas of opportunity pertaining to district wellness:

- Waste reduction (Charity)
- Post pandemic mental & Physical health (Lindsey)
 - How can we bounce back from pandemic
- Nutrition education Ideas (Lindsey)
 - Gardening classes → composting (Amy)
 - Education on what can and what cannot be composted (Kelly)
 - Initiative to try new things in be healthy in café (Lindsey)
 - Hydroponic garden + nutrition education (Amanda)
 - Hydration → eliminate single use plastic (Amy)
 - How to prepare food (high school seniors as they move onto college) (Lindsey, Charity, Kelly)
 - Community volunteers
- Discussion on changing trash cans to say landfill compost & recycling → education for students to pull from when they are teaching students (Amy)

Topics of Discussion

1. Sustainability
 - a. Composting
 - b. Landfill, composting, recycling education
 - c. Education on waste reduction
 - d. Hydroponic farm & education
 - e. Earth day events that can happen at every site → Emerald keepers → ASB kids → Kelly
 - f. Reusable water bottles
 - i. Fundraising for reusable water bottles

- ii. Water refilling stations → they all note the amount of plastic water bottles are saved → Take reading on November 1st
 - iii. Contest? Game? Encouraging students.
 - iv. Flyer about the Goal – Emerald Keepers offered to create designed flyer
 - v. Discussion on CNS water bottles sales
 1. Paper cup
 2. Water fountain
 3. Reusable water bottles for entire district to keep them in classroom for students who forget bottles
 - vi. New Years roll out new things
2. Whole Person Wellness
- a. Emerald keepers will start working on education

Measurable Wellness Goal for SY 21-22

For the Coronado Unified School District to reduce the use of plastic water bottles throughout the district by 50%.

Task dedication

- Education: Emerald keepers will partner to help create stability education draft to be reviewed by the Wellness Committee for:
 - High School
 - Middle School
 - Elementary School (sustainable games Emerald Keepers & Lindsey)
- Emerald Keepers will oversee promotion of social media and spreading the word
- Emerald Keepers will reach out to big organizations and nonprofits to tweet out nationally our goal
- Lindsey will ask about elementary school student counsel
- Amanda and Charity will speak to ASB
- Charity & Amanda will get rid of all plastic water bottle sales by January as a big starting point
- CNS will get refillable station readings on November 1st, 2022
- Donnie & Amy will work on getting reusable bottles for students to keep in classroom by January

Next Meeting

Wednesday December 7th @ 3:30 pm

Meeting concluded on 4:35 PM October 25, 2022