

Cotopaxi School Wellness Team

Purpose

- Schools are one of the most efficient systems for providing children health services and programs. Studies demonstrate that when children's basic nutritional and fitness needs are met, they attain higher achievement levels.
- Our goal as a collaborative team is to develop a supportive school environment which will benefit teaching and learning, engage students and enhance positive learning outcomes.
- Improve student and staff wellness by adopting the *Whole School, Whole Community, Whole Child* approach into the day-to-day life of Cotopaxi Schools.

Healthy Schools Successful Students

2016-2017

School Health Improvement Plan

- Build faculty cohesiveness
- Provide healthy snacks for students

Team Members

Co leaders: Jennifer Lang & Lou Collins

Jackie Crabtree, Debbie Eggleston, Devin Gulliford, Mary Christensen, Steve Fieth, Guy Kraemer, Amy Burnham, Donna Nicholas-Griesel

Tentative Meeting Schedule

1st Wednesday of every month from 4:15-5:00 in the Science Lab.

- September 7, 2016
- October 5, 2016
- November 2, 2016
- December 7, 2016
- January 11, 2017
- February 1, 2017
- March 1, 2017
- April 5, 2017
- May 3, 2017

Meeting Norms

- Meetings will start and end on time
- Everyone's input and ideas are encouraged
- Team decisions will be based on school's adopted wellness policy