



# Goleta Union School District

## Wellness Committee Agenda 1/22/2020

<b>2019-2020 Meeting Dates:</b>	*10/30/19 Wellness Summit	11/13/2019 3:15-4:30	1/22/20 3:15-4:30	4/22/20 3:15-4:30
-------------------------------------	------------------------------	-------------------------	----------------------	----------------------

1. Welcome:



- a.
2. Wellness Survey:
  - a. Input on draft
3. Guest Speaker, Peggy Grossman
  - a. Mindfulness in GUSD
4. Updates/GUSD Happenings in our Food Program, Food Services Director, Kim Leung
5. Upcoming Events:
  - a. 5<sup>th</sup> Grade Health Fair Dates:
    - i. Tuesday, February 4 – 8:00-12:00 GUSD Boardroom
    - ii. Wednesday, February 5 – 8:00-12:00 GUSD Boardroom
  - b. 5<sup>th</sup> Grade State Physical Fitness Testing (PFT) – February 3 – April 16

Topics	11/13/19 3:15-4:30	1/22/20 3:15-4:30	4/22/20 3:15-4:30
Wellness Policy	Review policy	Provide input; design survey for sites	Discuss key areas; review survey results
Professional Development		Guest speaker	Debrief Professional Learning