



## Kinetic Academy Wellness Committee 2023-24

October 17, 2023

### Agenda Items:

1. Sign-In & Committee Introductions
  - a. Great turn-out for our wellness committee
2. Assign note-taker role
  - a. Kristie Kay as note-taker
3. Old Business -
  - a. Kinetic Recipe Book for next year -fundraiser?
    - i. Middle school does a recipe book PBL with a focus in math
  - b. [Wellness Policy](#)
4. New Business
  - a. Lunch program update
    - i. Same lunch program as 2022-2023 with the addition of plums which are highly desired
  - b. Regulation Skills Group at West
    - i. Zones of regulation program at West is going well
    - ii. Kinetic East has a counselor available 2x a week
      1. Had to reduce to once a week because students feel their social and emotional needs are met through the new SEL curriculum
5. Set date for next meeting
  - a. Early Spring 2024
6. Next Steps:
  - a. Scan today's sign-in, notes, and next meeting date to School Food Solutions

b. Post today's agenda and notes to website

NOTES:

- Great turn-out for our wellness committee
- Kristie Kay as note-taker
- Middle school does a recipe book PBL with a focus in math
- Same lunch program as 2022-2023 with the addition of plums which are highly desired
- Zones of regulation program at West is going well
- Kinetic East has a counselor available 2x a week
  - Had to reduce to once a week because students feel their social and emotional needs are met through the new SEL curriculum