



Date: April 20, 2023

Who: Open invite to HTH Stakeholders interested in being on the HTH Wellness Committee

Purpose: Wellness Meeting #3 of 22-23 school year

Notes:

- Reviewed progress on goals from meeting #1 of the 22-23 school year
 - The Mesa Fun Run was reported a success! A 1-mile and a 5K were hosted on campus in January, supporting physical activity and education for Mesa students.
- Reviewed past 2019 official Wellness Committee goals:
 1. *HTH will encourage students to consume a well-balanced breakfast daily in order to support healthy eating habits and support growth. A minimum of 50% of all HTH schools will engage in a second chance breakfast program.*
 2. *HTH will encourage all teachers to incorporate one nutrition education lesson or project into their core curriculum in order to enhance student's knowledge and understanding of nutrition.*
- Discussed the current status of these goals. An annual report stating the progress will be written and published by Kelly Verburgt on the HTH Food & Nutrition Services webpage soon.
- Determined the committee's game plan for next year: The committee will conduct the triennial assessment of the Wellness Policy and determine if any changes should be made to the policy or the goals. These goals will be adhered to throughout the year and remain the focus of the committee.