

Wellness Committee  
Wednesday, September 23, 2020  
2:15 p.m.

Present: T. Gillis, M. Joyce, P. Noonan, R. Roach, J. Tildsley

Mr. Roach distributed the District's Wellness Policies on Physical Activity and Nutrition. The committee will meet throughout the year to discuss and make recommendations regarding the wellness of the students, which includes nutrition and physical education.

Discussion ensued regarding concern for the students having to adhere to the new guidelines for wearing face masks and the procedure for their lunch break.

With the requirement to wear face masks, the students are becoming more dehydrated by the end of the day since they can't drink water as freely as they had been accustomed to.

Another concern raised is the amount of time students actually have to eat their lunch. Given the social distancing, it takes the students longer to reach the cafeteria, get their lunch and go to their designated areas. By the time they sit down, they have to leave shortly thereafter. The students are released from lunch earlier than scheduled in order to disinfect the space for the next group of students.

Suggestions were made to:

- See if water breaks could be included during the day in order for students to hydrate.
- Separate the students who bring their lunch to eat in the gymnasium and those students who purchase their lunch can eat in the cafeteria.
- Create a formal mask break for all students.