



**Madera Unified School District  
Wellness Committee Meeting Agenda  
September 23, 2020 | 4:30pm – 6:00pm**

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**Attendees – See Zoom Report**

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1. **Call Meeting to Order – 4:36pm**
2. **Welcome**
  - a. What do we immediately think of during our current reality when we hear “health and wellness”? – Mental health, nutrition, employee wellness, getting kids moving, consistent messaging/support utilizing technology, social-emotional-learning, safety, stress, disaster fatigue, suicide prevention, flu vaccinations, and Creek Fire (air quality).
3. **MUSD Child Nutrition Update – n/a**
4. **MUSD Health Services Update – n/a**
5. **MUSD Behavioral Health Update**
  - a. Upcoming Processes of Support: Send mailers out to parents, utilize parent square, developing procedures to target high risk populations, create life skills groups, mindfulness and yoga at secondary schools, and circles for teachers.
6. **MUSD Physical Education Update**
  - a. See PowerPoint
7. **Community Partners and Supporting Organizations Update**
  - a. Madera County Public Health - See PowerPoint
    - i. Flu Shot Information: Page 2 of minutes
  - b. UC Cal Fresh - See PowerPoint
  - c. Alliance for a Healthier Generation - See PowerPoint
8. **Triennial Assessment Preparation**
9. **Advanced Planning**
  - a. District Wellness Committee Meeting #2: November 4, 2020 | 4:30pm – 6:00pm
  - b. District Wellness Committee Meeting #3: February 10, 2021 | 4:30pm – 6:00pm
  - c. District Wellness Committee Meeting #4: April 28, 2021 | 4:30pm – 6:00pm
10. **Suggested Future Agenda Items**
  - a. Triennial Assessment Preparation – Ongoing
11. **Adjournment – 5:55pm**