

**CHS Wellness Committee  
Minutes  
November 9, 2009**

Attendants

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Absent

Diane Arney	<a href="mailto:dianearney@msn.com">dianearney@msn.com</a>
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School Start Time

School start time was discussed and that studies have shown that teenagers exhibit better academic performance if school starts later. Other states have successfully changed the start time and have observed better performance in the classrooms. It was decided that this issue be better addressed in a meeting of the District Wellness Committee.

Beyond CHS

There usually is a bowl full of free candy at Beyond CHS. The candy is to attract students to come inside and check out what's offered. It would be better if we could offer healthy free fruit snacks instead of candy. Granola Bars would be a better choice.

*Task: Karen will talk to Nancy about replacing the candy bowl with healthy snacks  
Lisa will find out if businesses would sponsor healthy snacks such as Cliff Bars*

Snack Shack

What is offered at the snack shack?

*Task: Mari will find out what is offered at the snack shack*

Tasting Tables

The Corvallis Environmental Center is sponsoring tasting tables in all elementary schools. They will provide guidance to volunteers at the Middle and High Schools if they want to host tasting tables, but they will not be able to sponsor it. Fruit smoothies could be offered among other fruit or vegetable dishes.

Exercise/PE

Many students don't participate in school sports and there are minimal PE requirements. What about club sports? The Leadership Students could do a survey to find out what CHS students would like to see for club sports. We could raise money to sponsor club sports activities.

*Task: Heidi will find out what activities are already offered in club sport*