

School Wellness Committee Agenda
INLAND LEADERS CHARTER SCHOOLS
12375 California St. Yucaipa, CA 92399
Room 2; [Zoom Link](#)
September 18, 2025 @ 2:00pm

1. Call to Order

- Welcome and introductions
- Review of meeting norms

2. Public Comment

- Opportunity for community, staff, parents, or students to share input (time-limited, e.g., 2 minutes per speaker)

3. Review and Approval of Previous Meeting Minutes

- Reviewed prior year's goals and progress towards goals
- Made recommendations for 2026 goals,
 - Eliminated YBC Garden Goal

4. Agenda Items

a. Review Wellness Goals

1. Wellness Communication – Strengthen consistent messaging to students, staff, and families
2. Mental Wellness (CYBHI – Children and Youth Behavioral Health Initiative) – Review supports and partnerships to improve access to services
3. Smoothie Station at CSC – Explore implementation logistics, nutrition impact, and student engagement
4. Staff Wellness – Programs and supports for healthy lifestyle, stress reduction, and balance
5. Staff Physical Activity Goal – Develop measurable benchmarks for staff participation in physical activity opportunities
6. Student Activity Goal – Increase student engagement in daily physical activity; monitor progress toward recommended activity levels

b. Committee Discussion

- Staff Running Initiative
- Student physical activity initiative

c. Next Steps and Action Items

- Assign tasks and timelines
- Identify follow-up needs

5. Announcements

- Upcoming events, trainings, or deadlines
 - Student Mental Wellness Conference Sept 29-Oct 1

6. Adjournment