

## Wellness Committee Minutes

### 2017-2018

February 2018: Meeting with Kathleen Haines and Adrienne McManis.

- Determined a date for the school wellness committee.
- Determined participants for wellness committee.
- Discussed the thought of implementing a wellness week.
- Discussed dates and activities that would be appropriate for students/staff.

April 2018: Meeting with Jim Butz and Alisha Heavenly

- Met with Gym teachers to discuss activities for “recess rocks”.
- Gym teachers will be in charge of organizing activities for this day of wellness week they will be in contact with the recess aides and communicate their role in directing the students with games that will be available.

April 2018: Meeting with Cathy Macaluso

- Met with Cathy to discuss “try it Tuesday”.
- Cathy will have a sample table ready for students to try new food items that are available in the cafeteria.
- Cathy will have a questionnaire ready for students to fill out for a suggestion box.
- This sample table will have parent volunteers that have been chosen through HSA. The parent volunteers will cover all lunch periods and assist student at the sample table.

April 2018: Support staff

- Helene Weyland was asked to participate in “get caught eating a veggie”. She has agreed to take pictures of students who choose healthy food items. These pictures will be displayed in the bulletin board near the nurses’ office with the “screen free pledges”.

May 2018: Staff notification

- Staff were notified via email about the details of wellness week.

May 2018: Meeting with Cathy Macaluso/Jim Butz/ Kathleen Haines

- We discussed individual aspects of the wellness policy assessment tool.
- Cathy and I discussed what goals we will strive for in the 2018-2019 school year.
- These goals will be reviewed with K. Haines.

June 2018: TBD

- End of year meeting to review how wellness week went.
- Schedule meetings for the wellness committee for the 2018-2019 school year
- Review goals and suggestions for the upcoming school year.