

Wellness Committee Minutes
February 25, 2015
3:15pm – 3:50pm
Elementary Conference Room

Attendees: Scott, Julie, Erin

Absent: Kathy, Donna (sick), Jason (bus route), Kevin (coach)

Discuss Items Presently Happening:

1. Cafeteria Update:
 - a. Offer A la Carte items to K-6thgrade and JH/HS
 - b. Breakfast served from 7:45-8:10 at the JH/HS a la carte
 - c. Now offering salads
 - d. Make note of favorite foods
 - e. Suggestion: Lunch counts at the JH/HS

2. Pop Machines:
 - a. Will not be getting rid of the pop machines: on a timer
 - i. Diet Machines are not on a timer
 1. Is this still the case?
 - b. Candy Machines: shut off during the school day

3. Strength and Conditioning Class:
 - a. Invite Ty Parks to become part of our committee
 - b. The boys are great with attendance
 - c. The girls need more numbers but that won't happen until schedules change/timing: type of girls (athletic, etc)
 - d. Some do come in just to work out (convenience) no bother to class or teacher
 - e. More sections offered: example opting out of PE to do S &C
 - i. PE has gone to an extreme and kids could opt out and attend strength and conditioning
 - ii. PE is not what it used to be

4. Added a Bigger Faster Strong Program (Computer)
 - a. Evaluates athletes performances: going GREAT!
 - b. Download performance in the computer and the computer provides a program for that athlete: Great with Sports
 - c. Goal to beat the computer: great challenge!
 - d. Watch for cheating and injury
 - e. Great for strength and conditioning and can include everyone
 - f. Presently used in football but would like to be implemented in all sports
 - i. Now in track, basketball not much with girls' sports
 - g. Organization is the key to this

Items of Concern:

1. Tobacco:
 - a. Goal: To be 100% tobacco free
 - i. Developed a Plan
 1. Copies were passed out to members
 2. Decided that as a team/committee that we should all present to board if agreed upon

Discussion of New Ideas:

1. Mini Health Fair:
 - a. Possible offer again for April 2015 during 2 hour Early Release time
 - b. Scott will talk to Kathy about this
 - c. Discussed possibly doing 1 hour at the Elementary and 1 hour at the JH/HS to accommodate more teachers
 - d. Prices from Previous Health Fair:
 - Blood Cholesterol: \$10
 - Blood Pressure: Free
 - Blood Sugar Screening: \$5
 - BMI Scan: Free
 - Derma Scan: \$3
2. Student Involvement:
 - a. Julie is going to invite one Junior and one Senior student (2015-2016) to be a part of our Wellness Committee.
 - b. Dylan & Megan have agreed to participate! Please add them to the email list for future meetings!
 - c. Dylan (current Junior, upcoming Senior)
 - d. Megan (current Sophomore, upcoming Junior)
3. Food Allergy Policy Update:
 - a. Policy Sent home at beginning of each school year
 - b. K-4 participating in peanut free program
 - c. This program is adding one grade per year
 - d. Peanut Free table at JH/HS in a couple of years
4. My Plate Program (Kathy):
 - a. 1st Grade (Mrs. Daugherty) and 3rd Grade with help of FCCLA students
 - b. Nutrition Program
5. Vision Program:

a. Completed

6. Running & Walking Program

- a. Kevin Wrasman
- b. Record laps/miles
- c. 6th Grade Helpers
- d. Students love it! 😊

7. Future Idea for Staff:

- a. Have staff members wear Fitbits/Vivofits
- b. Track steps & calories
- c. Possible group discount or Grant Opportunity?

Adjourn: 3:50pm