

Wellness Committee Minutes
September 23, 2015
3:15pm – 4:00pm
Elementary Conference Room

Attendees: Scott, Julie, Erin, Donna, Ty

Absent: Kathy, Jason (bus route), Megan, Dylan

Discuss Items Presently Happening:

1. Cafeteria Update:
 - a. No updates
 - b. State Reviews this Year
2. Candy Machines:
 - a. Will be turned off during day
3. Strength and Conditioning Class:
 - a. Girls & Boys Numbers are down this year
 - b. All students work hard in class!
 - c. Fridays are casual days—usually play games
 - d. Other days of the week students workout in weight room, gym with stability balls, outside—ride bikes
 - e. If students have a sports competition at night, he or she is not expected to work out that day—students have the option to stretch or walk
 - f. Cater activities to student interests
 - g. Football students can lift during the school day and go home after school

Items of Concern:

4. Tobacco:
 - a. Goal: To be 100% tobacco free
 - b. Much better during the work week
5. Alcohol:
 - a. Definitely an issue during football games/rain delays/half time

Discussion of New Ideas:

6. Mini Health Fair:
 - a. Possible offer again in April 2016
 - b. Scott will again talk to Kathy about this
 - c. Scott updated team that Mr. Holland is looking into a health screening
 - i. Screening costs \$179/person
 - ii. Trying to locate grants (maybe Anthem?) to help offset cost
 - iii. 10 minute test
 - iv. Marion Local offers something similar and opens up the screening as early as 5:00 am

7. Parent Involvement:
 - a. Erin is going to invite Kristi Voisard & Shelly Barhorst to our team!
 - b. Shelly has accepted our invitation! Welcome, Shelly!

8. 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

9. Possible Elimination of Classroom Birthday Parties for 2016-2017 school year
 - a. Replace individual birthday treats with a “Monthly Birthday Party”
 - b. Treats will be provided to all students who have birthdays during that month
 - c. Scott will provide these treats

10. Playground Updates
 - a. Grass on Playground
 - i. TruGreen is currently working on improving the grass by spraying for weeds & fertilizing
 - ii. In the spring, Gavit Paving will roll it out after a rain
 - b. Mulch—very expensive (\$19/scoop) and needs replaced every couple of years
 - i. Another option: Botkins installed a thick foam pad
 1. Wait to see how durable and longevity of this foam
 2. Price?
 - c. Paintings
 - i. Julie is going to ask Emma Culp & her Art Club and/or Dennis Prenger and his National Honor Society to paint the following on the playground:
 1. Hopscotch (x2 or x3)
 2. Four-Squares (x3 or x4)
 3. Redskin Head on the Basketball Court
 4. USA Emblem

11. Future Idea for Staff:
 - a. Have staff members wear Fitbits/Vivofits
 - b. Track steps & calories
 - c. Possible group discount or Grant Opportunity?

Adjourn: 4:00pm