**Wellness Committee Minutes**

**March 15, 2023**

**3:20 to 3:40 p.m.**

**Elementary Conference Room**

**Attendees:** Scott Rodeheffer, Erin Poeppelman, Kristie Meyer, Julie Goldschmidt, and Ashley Barhorst

**Absent:** Jeron Hennon, Ellen Frilling, Jack Holthaus, and Tami Falk.

**Discussion:**

1. Canceled Meeting
   1. Our Wellness COmmittee meeting scheduled on November 2, 2022 was canceled due to weather.
2. Cafeteria Update
   1. March is National Nutrition month. Kristie is planning on sending home an informational brochure to K-6.
   2. At the high school, breakfast and snack options are now only available until the first bell rings at 8:11 a.m.
   3. Kristie would like all cafeteria staff to get certified in the Heimlich maneuver.
3. Physical Education
   1. Discussed the option for high school students to opt-out of Physical Education class.
4. Playground Updates
   1. Scott is working with Ms. Christian on setting up a time for the Art Club to update the painting on the playground this spring.
5. Staff Training
   1. The committee discussed the possibility of getting the entire staff CPR/AED/Heimlich trained, but ran into the issue of time and trainers.
6. Wellness Committee Policy
   1. The Wellness Committee Policy was [unanimously](https://www.google.com/search?safe=active&rlz=1C1GCEV_enUS1019US1019&q=unanimously&spell=1&sa=X&ved=2ahUKEwjtzpTUpuP9AhXvmWoFHRdaDOoQkeECKAB6BAgIEAE) approved.

**Adjourn: 3:40 p.m.**