**Wellness Committee Minutes**

**March 21, 2024**

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

**Elementary Conference Room**

**Attendees:** Scott Rodeheffer, Erin Poeppelman, Julie Goldschmidt and Ellen Frilling

**Absent:** Jeron Hennon, Kristie Meyer, Tami Folk, Ashley Barhorst, Ella Bertke

**Discussion:**

1. Cafeteria Update
   1. Student input: Cafeteria food is good! If high school students are here, they eat the cafeteria food.
      1. The high school students loved the new Chinese chicken and rice!
2. Physical Education
   1. Elementary: Mr. Shatto has been doing a great job getting students to run in class. He is incorporating cardio with the running for the fourth quarter.
3. Playground Updates
   1. We are waiting until this spring or next fall to update the painting on the playground due to other commitments of the Art Club.
   2. The playground cracks have been repaired.
4. CPR/AED Training
   1. The entire senior class was trained in both CPR and AED on March 20, 2024.
   2. Student input: Both trainings went well and students took them seriously.
5. “Biggest Loser” Challenge
   1. We finished our 8 week “Biggest Loser” Challenge on March 8, 2024
   2. 18 staff members participated
   3. Sam Green won the challenge, losing 10.97% of his body weight! Great job, Sam!
6. New member
   1. This fall, we will ask a new high school Junior to join our group!

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