**Wellness Committee Minutes**

**November 8, 2023**

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

**Elementary Conference Room**

**Attendees:** Scott Rodeheffer, Erin Poeppelman, Julie Goldschmidt, Ashley Barhorst, Ellen Frilling, and Ella Bertke

**Absent:** Jeron Hennon, Kristie Meyer, and Tami Folk.

**Discussion:**

1. Cafeteria Update
   1. Kristie would like all cafeteria staff to get certified in the Heimlich maneuver.
   2. Overall, the government is giving FLLS less money, causing our cafeteria to outsource more and more food.
   3. This year we have 61 students on free or reduced lunches. (K-12)
   4. Student input: Cafeteria food is good! If high school students are here, they eat the cafeteria food.
2. Physical Education
   1. Elementary: Mr. Shatto has been doing a great job getting students to run in class. He created a competition between classes to see how many laps each class could run.
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 and the cracks need to be repaired first.
4. 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.
5. 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.
6. “Biggest Loser” Challenge is coming back!
   1. Erin, Ashley and Julie plan to coordinate another round of Biggest Loser at the beginning of January.
   2. We discussed potential prizes for weekly and overall winners.
   3. We discussed increasing the buy-in to $25.00 to off-set the prize costs.

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