**Wellness Committee Minutes**

**November 15, 2017**

**3:20pm – 4:05pm**

**Elementary Conference Room**

**Attendees**: Scott Rodeheffer, Julie Goldschmidt, Erin Poeppelman, Shelly Barhorst, Caitlin Bollheimer, Donna Grisez

**Absent:** Ty Parks, Kathy, Jason Shatto (bus route)

**Discussion:**

1. Cafeteria Update:
   1. Possibly offer a Spinach Salad with grilled chicken for staff
      1. Order the day before or morning of
      2. May cost a little more, but staff would be willing to pay a higher price
      3. Start small ☺
   2. Cafeteria will be getting reviewed next year
   3. Going to try new lunch ideas
      1. Chicken Noodle Soup, Chicken Quesadillas, Pizza Hut (going over well)
   4. Co-op next year will provide more choices
   5. Microwaves will be purchased for student use
      1. Students will be expected to keep them clean
      2. Maybe put them on rolling carts so we can put them away after lunch
      3. Donna will be offering Hot Pockets and Mac and Cheese Bowls on Ala Carte
2. Strength and Conditioning Class:
   1. This class is offered two periods, both co-ed
   2. Class size for 2017-2018 School Year—25-30 students
   3. For athletes, on game days Ty tries to incorporate stretching rather than a workout
   4. Ty has purchased and is using pedometers in the 5th and 6th grade
3. Playground Updates
   1. Paintings
      1. Going to ask Alexa Counts and her classes to touch up in the Spring
   2. Soccer Goals
      1. Looking at a wide range of costs—trying to find something that will hold up but at a reasonable cost
      2. Elementary students love to play soccer!
4. Health Challenges
   1. We are hoping that the new consortium will offer Health Challenges and a Health Fair for staff! ☺
5. High School Teacher Workroom
   1. Shelly & Julie are going to go revamp the workroom
      1. Stock the cupboards with kitchen essentials
      2. Clean!
      3. Decorate with Inspirational and Motivational items ☺

Adjourn: 4:05 p.m.