**Wellness Committee Minutes**

**April 4, 2018**

**3:20 p.m. – 3:45 p.m.**

**Elementary Conference Room**

**Attendees**: Scott Rodeheffer, Julie Goldschmidt, Erin Poeppelman, Ty Parks

**Absent:** Shelly Barhorst, Caitlin Bollheimer, Donna Grisez, Ty Parks, Kathy, Jason Shatto (bus route)

**Discussion:**

1. Cafeteria Update:
   1. Cafeteria will be getting reviewed next year
   2. Co-op next year will provide more choices
   3. Four microwaves are available for student use in the high school cafeteria
      1. Students love them!
      2. 8th Period study hall students clean them out daily
2. Strength and Conditioning Class:
   1. This class is offered two periods, both co-ed
      1. Class sizes—17 students and 8 students
   2. For athletes, on game days Ty tries to incorporate stretching rather than a workout
   3. Ty wants to incorporate more gymnastics
      1. Please let him know if you know of anyone getting rid of equipment
   4. 5th and 6th graders have been using pedometers
      1. Broken pedometers need replaced
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. Rachel’s Challenge
   1. Elementary wants to incorporate for next school year
   2. Random acts of kindness

Adjourn: 3:45 p.m.