**Wellness Committee Minutes**

**April 5, 2017**

**3:20pm – 3:45pm**

**Elementary Conference Room**

**Attendees**: Scott Rodeheffer, Julie Goldschmidt, Ty Parks, Shelly Barhorst, Caitlin Bollheimer

**Absent:** Erin Poeppelman, Kathy, Donna Grisez, Jason Shatto (bus route), Megan Maurer

**Discuss Items Presently Happening:**

1. Cafeteria Update:
   1. Possible Changes with New President
      1. School Menu
   2. Possibly offer a Spinach Salad with grilled chicken for staff next year?
      1. Order the day before or morning of
      2. May cost a little more, but staff would be willing to pay a higher price
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

**Items of Concern:**

1. Alcohol:
   1. Definitely an issue during football games/rain delays/half time
   2. Becoming more of a problem with our students
      1. Not sure on how to solve the problem though!
2. Microwaves in Cafeteria for student use
   1. Students would be able to use to warm up their own packed lunches OR they can warm up items purchased from Ala carte (like hot pockets, mac & cheese bowls, etc.)
   2. Many other local schools have this option available to students
   3. Cleaning of microwaves may be an issue
      1. Assign a student group to be in charge?

**Discussion of New Ideas:**

1. Parent & Student Involvement:
   1. Scott is going to invite Kristi Voisard to our team!
   2. Julie is going to invite an upcoming Junior to our team!
2. Playground Updates
   1. Grass on Playground
      1. TruGreen sprayed for weeds & fertilized last fall
      2. Gavit Paving rolled out grass
   2. New Concrete this Fall 2016
      1. 16’ x 100’
      2. Cost around $3500
      3. This allows more room for students to play on a hard surface, especially in the winter time (when the concrete is cleared off)
   3. Paintings
      1. Emma Culp and her Art Club painted the following on the playground
         1. Hopscotch (x2 or x3)
         2. Four-Squares (x3 or x4)
         3. Redskin Head on the Basketball Court
         4. State of Ohio
      2. Looks great and students love it! Thanks, Emma!
   4. Possible Topsoil from Rapid Development
      1. If approved, we would like to add a couple inches of good topsoil to the playground to provide students with a softer grass area to play in
      2. This would require re-seeding of grass and purchase of hay
      3. Total cost of the project would approximately be $5000
      4. Discussing this at tomorrow’s administration meeting
3. Health Challenges 2016-2017
   * 1. Went over well
     2. Approximately 30 winner got a Walmart Gift Card
        1. Gift cards came from Anthem
     3. Maybe the expectation to workout 30 minutes a day, every day is a little much
        1. Is this the expectation or is the staff confused?
4. Future Idea for Staff:
   1. Still holding out hope for to give Staff Members a Fitbits/Vivofits to use to become more healthy!
      1. Track steps & calories
      2. Possible group discount or Grant Opportunity?
   2. Update High School Teacher Workroom
      1. Can summer help paint a fresh coat of paint?
      2. Clean behind pop machines
      3. “Stock” the drawers with utensils and other things needed
         1. Maybe ask the teachers to each bring in $5 or assign them an item?

Adjourn: 3:45 p.m.