

Wellness Committee Minutes
March 16, 2016
3:15pm – 4:05pm
Elementary Conference Room

Attendees: Scott, Julie, Erin, Donna, Ty, Shelly, Dylan & Megan

Absent: Kathy, Jason (bus route)

Discuss Items Presently Happening:

1. Cafeteria Update:
 - a. Smart Snacks Requirements
 - i. Some snack options on ala cart include: yogurt, 100% OJ, pretzel rods, cool ranch Doritos, teddy grahams
 - b. Lunches served
 - i. 300+ lunches/day in elementary
 - ii. 180-220 lunches/day in high school
 - c. Elementary cafeteria getting observed on April 26, 2016
2. Candy Machines:
 - a. Continue to be turned off during day
3. Strength and Conditioning Class:
 - a. Next year this class will be offered two periods a day, both coed
 - i. This change will hopefully help students fit this class into their schedule better
 - ii. A trial run with Mr. Shatto's class (once a week) has been going well
 - b. Ready for warm weather to get outside!
 - c. May look into Ebikes and acquiring more TRX to give more variety to class
 - d. Ty is looking to acquire a classroom set of pedometers to use in both his elementary and high school classes (Wilson?)

Items of Concern:

4. Alcohol:
 - a. Definitely an issue during football games/rain delays/half time

Discussion of New Ideas:

5. Mini Health Fair/Screening For Staff:
 - a. Trying to work out logistics and financial aspects of this idea
 - i. Screening costs \$179/person (depending on number of participants)
 - ii. Trying to locate grants (maybe Anthem?) to help offset cost
 - iii. School's health fund may help to offset cost per person
 - iv. 10 minute test
 - v. Marion Local offers something similar and opens up the screening as early as 5:00 am
6. Parent & Student Involvement:
 - a. Erin is going to invite Kristi Voisard to our team!
 - b. Julie is going to invite upcoming Junior to our team!

7. Food Allergy Policy Update:
 - a. Policy Sent home at beginning of each school year
 - b. K-4 participating in peanut free program
 - c. This program is adding one grade per year
 - d. Students at elementary do a nice job respecting our food allergy policy (PAL)
 - e. Peanut Free table at JH/HS in a couple of years

8. Elimination of Classroom Birthday Parties for 2016-2017 school year at Elementary
 - a. Replace individual birthday treats with a “Monthly Birthday Party”
 - b. Treats will be provided to all students who have birthdays during that month
 - c. Scott will provide these treats

9. Playground Updates
 - a. Grass on Playground
 - i. TruGreen sprayed for weeds & fertilized last fall
 - ii. In the spring, Gavit Paving will roll it out after a rain
 - b. Mulch—very expensive (\$19/scoop) and needs replaced every couple of years
 - i. Another option: Botkins installed a thick foam pad
 1. Wait to see how durable and longevity of this foam
 2. Price?
 3. If Fort Loramie would go this route, we would need to get rid of the existing mulch and concrete up because the foam pad is not as thick as the current mulch.
 - c. Paintings
 - i. Emma Culp and her Art Club is going to paint the following on the playground this Spring:
 1. Hopscotch (x2 or x3)
 2. Four-Squares (x3 or x4)
 3. Redskin Head on the Basketball Court
 4. USA Emblem

10. Future Idea for Staff:
 - a. Have staff members wear Fitbits/Vivofits
 - b. Track steps & calories
 - c. Possible group discount or Grant Opportunity?
 - d. Summer Health Challenge
 - i. Erin is going to reach out to Marion Local and St. Henry for ideas on how to implement a Summer Health Challenge for our Staff
 - e. August Professional Development?
 - i. One session offered will give a crash course on CPR and other health related information

Adjourn: 4:05pm