

Wellness Meeting Minutes

Wednesday, January 24, 2024 at 3:00 pm
Elementary Conference Room

Attendees: Diane Nicholson, Anthony Jackson, Rich Finley, Cheryl Sonnenberg, Laura Young, Beth Peck (Lori Clady provided information, but couldn't attend)

Discussion Items:

*Current Wellness Policy Review-reviewed with no changes recommended

*Incorporating wellness into school for the following:

-Staff-fresh fruit at PD days, wellness initiatives from Nurse Diane, Mental Health day, NBHP Wellness Program, hallways, track, fieldhouse available for exercise

-Students-boy/girl talk, adulting class guest speaker, Dr. Fritz, elementary nutrition classes, health class for 9th grade, Mrs. Sonnenberg's nutrition and wellness class, cafeteria offerings, elementary running club, interscholastic athletic opportunities, homeless supplies, families in crisis-supplies

-Families-fieldhouse, track, playground available for exercise, notices sent home from school, Health Department or hospital, meals donated school chooses families to give away

-Cafeteria - From Lori Clady: National School Breakfast Week is March 4 - 8. We draw 3 winners each day from those students eating breakfast. Each winner receives a voucher for 1 free item from the cafeteria. This is done each year to promote breakfast and the importance of eating a well balanced breakfast each day to get the body going and to perform well at school. The theme this year is "Surf's up with School Breakfast". We also do yogurt parfaits, fresh salads and homemade soups.

*Long range planning:

- places for students to get healthy snacks throughout the day
- strength and conditioning education with goals
- recess walking club
- Mrs. Coolman and ideas for the sensory wall
- Mr. Buchhop has agreed to build a box for planting

*Other Items from attendees: none

Next meeting: Wellness committee will be emailed at the end of April to set up a meeting in May to determine if there are any long range ideas that can be implemented for the 2024-2025 school year.