

# Wellness Meeting Assessment

(from March 19, 2018 Meeting)

**Attendees:** Aundrea Cummins, Diane Nicholson, Cheryl Sonnenberg, Jeff McMahon, Lori Clady, Carla Blaker, Laura Young and Beth Peck

Discussed the current Wellness Policy

We need to get the current policy more visible and assessable to the public through the School website. Lori will send a written summary to the Superintendent for approval.

## **Incorporating wellness into school and how the information is shared**

Staff – Talked about some new processes

Go Noodle – Brainbreak/indoor recess – Campbells - to get moving

### **Current items:**

Bio metric screening          Annual Flu shots          Activate Health clinics

Pillars of Health – staff wellness incentive program

Students – We currently have TM121

Mr. McMahon has Project Respect

Kindergarten – Wonder Chefs

1<sup>st</sup> & 2<sup>nd</sup> My Plate

3<sup>rd</sup> & 4<sup>th</sup> Speaker from Health Department

5<sup>th</sup> Participation in Coming Alive in April

Jump rope for the heart

Tiger running club

Families - Hoops for Hearts coming up

Field Day – Parents are able to come spend time with children

TM121 - Family meal/Family events

Blizzard Bags - include help with homework and exercise

**Other Items from committee:**

We did discuss a gap we need to work on in the MS (6-8 grades) Contacting Project Respect to see adding a time for this group

Would like to allow more water intake throughout the day. Water bottles available.

Healthy Recipes from the Nurse

Healthy snack bags

Stress relieving baskets