

Wellness Committee

Agenda with Minutes for Monday, May 7, 2018, 3:30pm

~ Welcome and introduce new/returning members **Members Present:** Elizabeth Matis, Lisa Bednarz, Amanda Cook, Lisa Butts, Bronson Stone, Kim Legg, Codie Keogh

~ Discuss K4 breakfast program for the 2018/2019 school year (B. Stone) Currently snacks are provided for AM and PM K4; for the upcoming 2018/2019 school year, AM PreK will be offered full school breakfast instead of just a snack. Both groups will still have regular lunch.

~ Discuss reason for milk at student lunches and why water cannot be substituted (M. Steele) Reviewed document entitled "Accommodating Children with Special Dietary Needs in the School Nutrition Programs" which explains the legal reasons behind the inability to substitute water bottles for milk at lunches.

~ Review Fitness Challenge activities by faculty and staff (K. Legg) Details of previous HS faculty/staff weight loss challenge were discussed (total of 203.7 pounds lost in 8 weeks by 16 adults); and how currently there is a group of 28 HS & ES faculty/staff participating in a fitness challenge that includes pounds and inches lost.

~ Discuss the possibility of a health/wellness fair (C. Keogh) No specific fair occurs, but Meet the Teacher Night includes many area vendors that come to the schools to offer information about their services and programs. Will have Nutrition Group and other school folks assist in setting up an area on Meet the Teacher Night 2018 to provide education to students and families on food groups and nutrition.

~ Any additional comments/suggestions/discussion

~ Fitness Club for students in the HS through Activity periods

~ Children's Food Pantry to begin in June from the support of the Weinberg Foodbank and local volunteer groups. Information to be sent home with all school families and available on school website.

~ About 70% of the current HS students are participating in a sport

activity

through school.