

Wellness Committee meeting 9/11/13

In attendance: Branstine, Woodward, Carter, Whitworth, Turner, Orr, Crocker

Not in attendance: Reid, Matson

We discussed the need for a parent/community member to be involved. Melissa Whitworth was asked and accepted.

We need to replace Mike Baker. Nominees suggested were A.J. Stevens and Jackie Pottier.

I will email Shelly to see if she still has time and still wants to attend the meetings. I will also email A.J. and Jackie and see if they would want to join.

We discussed things we already are doing for the school/community.

Girls on the Run, Boys Re-Charge, Biggest Loser and the 5K, Flu shot clinic, Room Parent Tea, Healthy party competitions.

Things to change:

Boys Re-Charge—Mechelle was thinking of changing the date for more winter time. Maybe less sports interference. Also need to find Seniors to help.

Biggest Loser and 5K- Keep the same. Maybe find way to incorporate Rachel's Challenge into it. Also see if we can come up with an idea to involve the students with at least a walking program during the time or increase physical activity. Will talk with PE coaches. Any ideas on how to track it, let me know. Would like to do all schools.

Room Parent Tea- Thursday, October 10<sup>th</sup> PTO would like to have a meeting also that night. Thought maybe we could have room parents send in ideas, recipes, or pictures and make a booklet to hand out that night. Also thought instead of fixing all the snacks, make one of each for show, but then have soup/sandwich type meal. I will come up with a class allergy list to hand out to each room parent also.

Healthy Parties—Too many rooms to go to and see food before all eaten or messed up. Still would like to have the competition so will make a list to hand out to room parents stating what we are looking/hoping for. The day of the party. Will have someone take a picture and email to us with the list of why their class should win. Then can post the pics on the TV in the hallway. Will still do an extra recess for the winning class.

Breakfast cereals/milk-- Were told by Sam and Dr. Gallagher that when SFE bid the contract they bid it with variety of milk for breakfast and lunch. So will have to remain that way for this school year. Will have to go to board and make presentation to have changed for next year. We will need backing, reports, and info for this presentation. If you come across any let Janet or I know. Rita is going to work

on stuff with her Health class. We will try to have a presentation ready for the March or so meeting.

For further need, anything we want changed in the school, we will have to go to Dr. Gallagher and have permanently changed with him and the board.

New ideas:

Maybe have an after school healthy cooking class monthly or quarterly

Find was to be involved with Rachel's Challenge

It was a fast meeting. Any other ideas let me know. I will send out an email after the PTO meeting tonight on the Room Parent Tea.