

## Wellness Committee minutes from 1-28-15

Balance \$1,844.40 5K fundraising. We have some funds to work with. Balance is \$2,320.72. Revenue code 10-5179-000-165 for deposits. Expenditure code for purchases 10-1411-6419-000-000-165.

### Old projects:

1. August- BCBS health fair-- I will call and request report from this year and last year if I don't have that. We can compare and see if staff is improving as a whole. Also need to find out how to get the extra \$25 to make a total of \$75. (\$50 for the health fair)
2. September- Girls on the Run-- We need to keep this program going somehow. May need leaders next year and more students. I don't know if there is a stipend for chairing this. I can check with Shanda and see. If not, maybe we can ask Gallagher about offering one.
3. October- Room Parent Tea-- May try door prizes and more advertisement next year with Facebook, PTO, flyers home. I think Rhonda Casper was great. I liked the healthy cooking.
4. October- Flu shot clinic-- Seems to be easy and no work. 70-75 participants each year.
5. January- Biggest Loser-- May try a week with a surprise gift.
6. April- 5K walk-- Changing the date. Hopefully April 25<sup>th</sup> back up date of May 2<sup>nd</sup>. May come up with a theme to make for interesting. Any ideas let me know. Could do something like a warrior dash- would need obstacles or hurdles.  
More community/staff/student involvement
7. Healthy Party competitions-- Offer a gift card for the top head room parent at the end of the year. Encourage healthy snacks in classroom- No pop, candy, or sweets as a snack unless birthday party.

### New Business:

- 1) Wellness Committee requirements for school policy
  - Add people to our committee- General wellness policy. Do we need to tweek it to fit this school?
  - More frequent meetings-- Will try for quarterly. When do we want the next meeting?

--Changes taken to board for approval so will stay

2) School wide healthy eating competition-- Offer a trophy to the top team. Will try it out for a few weeks on the committee staff and see if need to change or alter things.

3) Healthy cooking class with kitchen staff-- Will talk with Andy and see if something different to fix besides pizza. Offer after school program for kids to learn healthy snack choices/cooking options. Ask Jackie Pottier for ideas or leadership. Rhonda Casper also does a program at the library.

\*\* Offer salad bar with protein choices as a 3<sup>rd</sup> option for students/staff instead of a side dish. Pre measure protein out in a cup or have premade salads.

\*\* Confused on elementary only letting so many students have choices for lunch and once that number has chosen the top pick the rest of the students in that grade have to eat the 2<sup>nd</sup> choice. This is not offering 2 choices to all the students. Could teachers ask students at the beginning of the day which choice they want or on Mondays go over whole week's menu and then let the kitchen know so they can prepare accordingly?

4) Brain Breaks- Jammin minutes/dance- Find a way to include MS and HS.

5) Jump Rope for Heart with PTO-- A.J. has no time in his schedule. Would have to be done by another group out of school time. Always asking parents to donate money. Need to find a way to motivate students/parents at home.

6) Boys Re-Charge Yes or No-- No teacher help, no time to do it.

7) Wellness Committee newsletter monthly-- Will ask Lori if can start writing this again. Could place on web page, face book, or paper copies.

Any other business?

\*\* Walking trail around the perimeter of the school with work out benches. Use shavings to cover. No place for the community to walk, no sidewalks in Creighton.

\*\* Open the track to the public after hours.