

5/11/11 Wellness Committee meeting summary

I think things went well. I wanted an open discussion with lots of ideas. I put the ideas on this paper and now we will need to decide which ones we should tackle. I was thinking, if possible, maybe 1 large goal a year and hopefully a couple of smaller tasks during the year. We will just have to see how it goes. We all decided that we have to get the staff on board first and then the students will follow. I think an assembly to kick off a healthy life style will be a good start. Other ideas were:

- *No outside fast food brought in by parents for lunches.
 - *Obtain pedometers for students/staff, increase PE time/activity level, try to increase the class curriculum for health and exercise.
 - *Rita mentioned a trail around the school grounds for walking and maybe placing different exercise/ strength building things along the path. We could see if cross country could use it for training also.
 - *I believe we need healthy snacks brought in by parents for elementary snacks. Janet thought maybe we could share these ideas on a web page. We could get PTO involved and room parents. Celebrate birthday's once month with sweets.
 - *Walking Wednesday's was mentioned. Perhaps have the buses drop students off at the track and walk until time for breakfast. Have NHS students assist with monitoring for hours.
 - *Starting Girls on the Run again this year. Need to find something for the boys to get them involved.
 - *Change school policy for mandating tennis shoes for PE/ recess? What about before school on the track?
 - *Allowing more time for students to eat breakfast/lunch. Staggering the bus release time so not all the students are in line at one time.
 - *Hosting a self defense class for students and staff. Mr. Stackhouse has done before for girls and boys. Ali Kemp foundation only does girls 12 years and older.
 - *Creating a biggest loser contest for staff at beginning of the year and have a prize for the winner at the end of the year. Measure BMI before and after. If we get enough participants- maybe check with insurance company and lower premiums for next year. We will eventually probably have to pay for these due to budget cuts.
 - *Contest between staff and students as an assembly or fundraiser.
- Some other ideas were thought of during the night.
- *Jump Rope for Heart hasn't been done for several years.
 - *A Hike-Bike-Track walk a thon to help raise money.

Extra money could be obtained from the Lucas Methodist women, extra pop \$, Joyce Salmon sorority group, Wal-Mart gift cards.

If I missed any please make me aware and I will put them on the list or if you come up with any additional. Thanks,
Megan