

Wellness Committee Meeting 5-24-12

Thank you to all of those that could attend. Unfortunately, we need to look at our members and their participation in the meetings this year. I think we have a good representation of the school however, some of you have not attended a meeting in quite some time. I understand there are many afterschool activities, family functions, and in general, life activities. If you feel like you will be unable to participate in meetings during the next school year, please consider stepping down from the committee and allowing someone else to participate. I hope you would still feel free to express your thoughts and ideas to the committee. We need members that can attend most meetings to help contribute ideas and help move them forward throughout the school year.

Topics we discussed last night included changes coming in the cafeteria. Shelly had mentioned earlier in the day that there would be many changes next year. **Shelly, when you have time if you could summarize them for us so we know what to expect for the upcoming year.** We also decided to keep chocolate and strawberry milk choices away from breakfast, but allow it for lunch. We felt like the cereals offered were high enough in sugar and if we could help to reduce the sugar intake at breakfast it would benefit the classrooms.

We also decided to keep pushing parents for healthy snacks and holiday parties. We want to have the Room Parents Tea again this fall. We will ask the new PTO officers for help organizing this and room parents.

We discussed trying to come up with alternatives for good behavior or rewards other than food/candy. If you have any ideas or hear of any from other teachers, please let us know. We need to make sure that we share our ideas with the other teachers.

Exercise ideas for the students include Jamin' Minutes, A Biggest Loser type competition for the MS/HS students, and before school activities. Janet would like to see each grade level and entire staff make their own Jamin' minutes video for a month and make into a movie at the end of the year. Each class/grade would come up with a presentation of activities/exercise put to music for just a few minutes. Maybe each class could do 1 week and then the entire grade could get together for the last week's presentation. This would take 5 months plus a teacher/staff presentation. I think it would be fun. Here is the link to the web site: <http://www.healthetips.com/jam-program.php> **Janet, if you could get the link and email it to us so we could check out what other school's ideas are.** Rita is going to look into a computer program for the MS/HS where the students can track their weight on the computer over time and see how diet and activity affect it. There are programs out there where you can also track what you eat. I use myfitnesspal.com and I know there is sparkpeople.com. They are free and have phone apps also. I don't know if we can do the Biggest Loser Competition with the students. I think it would take a great deal of planning and parental involvement. **Rita let us know what all you can find out.** The elementary is going to try a student valet type drop off and pick up. It will hopefully be using the gym doors. We need to get with Lori and others and see if the students not going to eat breakfast could be held in the gym. This would give them an opportunity to "exercise" or play before school. Maybe we could find some kid work out videos? Teachers may have to take turns with "gym duty" before school.

The MS/HS already holds their students before school and teachers have gym duty. We can get with Brenda and Bill and see how they assign duties and what all it involves. Mechelle and Pat mentioned how nice it was to have all the students come to class at one time during summer school and would like that to occur during the school year. Reebok offers a before school program for students several days a week to exercise. Rita sent out an email including this info. The school mentioned received a grant from Ocean Spray to help fund it. Might be something to look into.

Fall activities include Boys Re-Charge and Girls on the Run. Hopefully being in the fall, teachers will want to participate to obtain career ladder hours. I found a web site nutra-net.org that offers a multiple week lesson plans for healthy cooking for students Pre-K up to grade 6. They call it Whiz, Zip, and Zap. I will look into ordering the book and cookbook to see what all it offers. They are based out of KC. Healthykidsmo.org also has a lot of healthy ideas for packing lunches and snacks.

It was also mentioned to try adding a 5K walk/run at the end of the Biggest Loser Competition next year. This would give staff a goal to be exercising towards.

I mentioned taking out flip-flops for students. I will start next year, writing down every student that comes into my office with a flip-flop injury. Then we will see how bad this is at the end of the year. I will talk to Coach Gibbs and see what his rule is for participation with flip flops in PE.

I think if we keep at it, slowly more and more parents will get on board. There is a lot in the news on trying to be more physically fit and eating healthier. I will send this to Dr. Gallagher and Lori also.

Thanks again to those that could attend.

Megan