

Wellness Meeting

2/18/2020 4:00 PM

Elementary School Library

Wellness Committee in attendance: Diane Michael, Katie Greer, Jessica Walker, Jerry Walker, Sarah Albert, Darci Miles .

1. Fuel Up to Play 60 –
 - Elementary students are enrolled...but need to check with Michele about use of chrome books.
2. Wellness Policy –
 - Tobacco Free School policy 9160, 5512, and 7434
 - i. Discussion was had about enforcing a Tobacco Free campus
 - ii. School programs will include a written reminder of the tobacco-free policy (5512)
 - iii. We may need to get some outside signs stating “We are a Tobacco Free Campus” to post outside our building where after school events take place.
3. Healthy Snacks- Parties - Valentine’s Day
 1. Still having “homemade” treats being sent in.
 2. Pizza from Big Ernie’s ...the restaurant could not tell Katie the carb count☺
 3. Need to work on using the Café’s menu of options for classroom treats for 2020-21 school year.
 4. Need to get teachers on board to help restrict “cupcakes” as treats for parties.
 5. Incentives: candy, pizza, etc...need to change the mindset about food incentives.

Other –

- Report of Bio Screening Nov. 1, 2020
 - 25 staff members participated in the Bio Screening, over 75 staff members received flu shots.
 - The Bio Screening results showed that our top 3 issues are: high cholesterol, diabetes, and high blood pressure.
 - Wellness news letters will be sent to staff through staff emails

How to get community members on this committee-

- Diane will send invites to suggested community members to our May meeting.

One call – Tim will be sending out a ONE CALL for Parent Surveys.

Surveys are out for STAFF to answer a question about wellness activities for staff.

Next Meeting May 12, 2020 4:00 at Elementary Library.