

Wellness Committee Meeting Minutes

* Agenda

- **Icebreaker:** What is your favorite way to stay active during the cold months?
- **Taste Testing!**
 - YAC results
 - New products
- **Updated P.E. requirements**

* Attendees

Melanie Garms, Andrew Evans, Bobbie Jo Grummons, Shauna Klug, Bridgitt Looney, Erica Pawletzki, Lauren Stordahl

* Updates

- July 2025 Added Sugar Guidelines
- Youth Advisory Counsel - What did the kids like?
- Construction updates on kitchen & cafeterias

* Action Items

- Reach out to Bobbie Jo for any speakers or ideas that you'd like to see or learn more of in a Wellness Mtg.
- Bobbie Jo & Erica have initial brainstorming mtg. with admin for a 5k

* Final Announcements

- Final meeting for the 24-25 SY is April 7th!
 - Health Curriculum Updates?
- Committee is looking into different events/speakers that can get more parents in the district involved
 - Social Media Safety for Parents
 - Anxious Generation