
HEALTH & WELLNESS COUNCIL AGENDA

2018-2019

Location: Ad Center

Date: **Friday, May 17th, 2019**

Time: 2:30 p.m.- 3:30 p.m.

Agenda details:

I. Welcome

A. Introductions

The committee thanked its graduating seniors Katelyn Rizzetto and Colby Carlson for serving on the committee for the past two years.

The committee welcomed three new Parkland High School students, Punya Basin, Riya Neogi, and Maya Paul who will be joining the committee for the 19-20 school term.

II. Assessment Report:

Posted on website

III. Breakout session follow-up:

1. Follow-up from November breakout sessions:

A. Other school based activities: Birthday Treats

Lori and Sheri met with the elementary principals on 5/3/19 to discuss the Wellness Policy. A second meeting is scheduled for 6/7/19.

Brainstorming and great discussion ensued. More planning to occur with the hope to roll out for the 19-20 school term a practice in all elementary schools that meets or exceeds the policy with regards to food and celebrations.

B. Physical activity Promotion: Build Your Armor

Participation increased by 18 for the 18-19 school term. All eight (8) elementary building participated. Total number enrolled was 185. Waiting to hear if we will be awarded a foundation grant to offset some of the cost of this program.

2. New Menu Software:

Lori discussed a new menu software program coming for the 19-20 school term that will be available via an app or a website. This new program has some wonderful features for food selection and identification for food allergens and carbohydrate counting for parents, students and faculty. A tutorial can be offered at the November meeting for committee members.

IV. Round Table:

Dr. Troutman mentioned water filling stations will be replacing water coolers at the high school as the water fountains are phased out.

The committee thanked all members for participating for the 18-19 school term.

Future meeting dates:

Friday, November 22, 2019 at 2:30.

Friday, May 15, 2020 at 2:30.