

# **Franklin Monroe Local School Wellness Committee Annual Review and Recommendations**

The Franklin Monroe Wellness Committee met on Tuesday, September 20, 2022 at 12:30 p.m. to complete the annual review of our district's compliance with and implementation of the district wellness policy (EFG). Discussion was held on:

- New district level wellness incentives through the EPC.
- Success of reintroducing intermural activities last school year and continuing these activities.
- Ongoing work with the FM Athletic Boosters to explore bringing in an outside organization to assist student athletes with improving fitness and conditioning.
- Updating equipment in the weight room with the assistance of the FM Athletic Boosters.
- 1<sup>st</sup> Annual Kickball tournament hosted by the FM Athletic Boosters.
- Ongoing work to promote athletics during each season.
- Collaboration to expand district based mental health services.
- Increase playground equipment for the elementary.

The committee made these suggestions to improve the wellness policy across a number of areas:

- Continue to work to employees to utilize the EPC wellness incentives.
- Consider expanding intermural activities to more grade levels.