

## Wellness Committee May 9, 2019

Present: Beth Giller, Beth Pratt, Erin Beason, Lisa Dutton, Melissa Makara, Jillian Miner, Michelle Talaga, Emma Murphy

1. Welcome and distribution of agenda
2. Review of wellness policy evaluation forms. Answers indicate a much better understanding of the policy by teachers and staff. An area of concern seems to be getting backing from parents, so that unhealthy items are not sent to school, ie: soft drinks, energy drinks. Discussion followed on ways to get parents involved and more familiar with the policy. It was agreed that Dr. Petrone would send the policy to families in an e-blast annually, as he does to staff. It was also commented that a high percentage of parents would not read it. The wellness membership invitation will be included in newsletters and lunch menus.
3. Review of wellness challenges and planning ideas for next year. It was agreed that we should ask for a small bank for wellness incentives from the Board of Ed.

Also, talk to community businesses, i.e. Ron-o-roll – roller skating, bowling for gift cards; Parks and Recreation \$\$ from Harvest Run – ask Wendy for \$\$ for incentives.

Coordinate with PE teachers and nurses to promote challenges

4. Discussion on holding 4 meetings a year, 2 afternoon meetings, 2 evening meetings to try to get more teacher and parent involvement. It was decided that Beth P and Beth G would schedule the meetings and inform the committee in the fall.