

Wellness Meeting -Minutes

5/8/2018

Elementary School Main Conference Room

In Attendance: Diane Michael, Jessica Walker, Katie Greer, Michele Williams, Larry Lyons, ~~Jerry Walker~~

1. Policy Review
 - a. Wellness Policy – Diane will get with NEOLA about our policy as we need goals listed (June BOE meeting)
 - i. 4 meeting per year (ex. Open House, Walk-a-thon (Elem), Jan. BOE meeting, May)
 - ii. People to server on the Wellness committee: Student (NHS/Student Council/Senior Class President), community member, principals, teachers, food service, nurse
 - iii. District Goal of 35% will log onto Fuel Up to Play 60 site...increase % each year.
 - b. Wellness Challenge (EPC wellness)
 - i. Wellness dollars for “movement” types of activities (not on the computer)
 - c. Public School Works training- Cafeteria will decrease the trainings to have more “hands-on” types of trainings.
2. Cafeteria Webpage
 - a. Biggest Loser contests Fall – 33 participants, \$30 each, 10 weeks, payout each week (weekly winner)
 - b. Spring – 15 participants, \$10, 5 weeks...complete May 17
 - c. Next year Nicole Shawhan will coordinate.
3. Nurse’s Webpage – Katie Greer gave examples of other schools’ websites. She will help update HCS this summer.
4. Other – Fuel up to Play 60, Work on getting this to be a District initiative.
 - a. Set target steps for each building
 - b. Have students log on to Play 60 site in technology classes
 - c. Larry Lyons will work to get elementary play ground to have “step” markers, so students will know how many steps the “playground track” has, so students can track their steps for the Fuel up to Play 60 webstie
 - d. At Quarterly assemblies, give certificates/bracelets to students who meet their goal.
 - e. Elementary Walk-a-Thon – Let community know what the money is going toward, community will hopefully give more😊
 - f. Food Truck to give out Fuel Up to Play 60 flies during summer feeding.

Next Meeting Open House (August 9, 2018) @5:00 p.m. @ HCS