

Wellness Meeting/ Insurance Meeting

Dec. 6, 2018 4:00

Elementary School Media Center

Wellness Committee in attendance: Diane Michael, Larry Lyons, Katie Greer, Jessica Walker, Michele Williams.

1. Wellness Policy Review (8510) BOE approved.
 - a. A-2 change Food Pyramid Guide to **MY PLATE**
 - b. F- change learn well to **improve learning**

2. Healthy Snacks- Holiday parties next steps
 - a. Send a visual reminder to staff and parents (website) about healthy snacks for holiday parties and birthday celebrations.
 - b. Indian of the Week lunches – encourage those who attend lunch with the Indian of the Week student to NOT bring in fast food items for the student or themselves. Encourage the visitors to eat a school lunch.

3. Fuel Up to Play 60 – How many students have signed up (Jessica Walker)
 - a. Many students have signed up, but Jessica cannot see numbers of students who have signed up under the age of 14.
 - i. We will work with elementary school technology aides to have student create an account and log in monthly to record their activity.
 - ii. P.E. classes at the elementary school will encourage students to log into their accounts with the activities they do in their PE class and any other activities outside of school.

4. Other –
 - a. Health Insurance update: The enrollment is complete.
 - b. Playground sign update: Elementary principals ordered the signs but not up yet.
 - c. How to get community members on this committee- The meeting date and time will be posted to the web page, on Jessica Walker's café food page (Facebook), Larry Lyons will ask several community members to attend.
 - d. Use of emails – Using ONE CALL NOW email services as a way to inform parents of “non-school” after school activities i.e. youth football/basketball/ cheerleading and other activities sponsored by the community.
 - i. This will require the district to ask parents to provide their email addresses to load into the ONE CALL system (no additional cost to the district). Working on this in January 2019.
 - e. Email staff the guidelines for the Wellness Policy 8510.

Reported by Diane Michael

Next Meeting May 2, 2019