

## *Wellness Committee – October 1, 2024*

*The Wellness Committee met on October 1, 2024. At the meeting the following topics were discussed:*

- *Marilyn Digregorio, Food Service Director for Whitsons discussed the beginning of the year in all the buildings. She shared that the first month has gone well and is setting up meetings in each school to establish committees to review menu items as well as teach the students about how the menu is created and components of a meal. These committees will meet throughout the year. Finally, participation for the first month was excellent in all schools.*
- *At the Middle School, the Intervention Service Provider will be beginning the “Too Good for Drugs” program in conjunction with health classes for 7<sup>th</sup> grade students. Intramurals have begun and they have seen a good turn-out as well as a large number of students participating on sport teams.*
- *At the High School, blood drives will be scheduled. Mrs. Petricek will be spearheading the development of the Health Fair, working in conjunction with the staff and community.*
- *At the elementary level, PE classes are working on nutrition as well as lessons on overall wellness. Ostrander had their Walk to School Day on October 2, 2024. All three elementary schools will be looking to have various events throughout the year that focus on wellness; for example, the Jump Rope for Heart, unplugged events, and other building specific events. Finally, all the buildings have begun or will be starting shortly the “Too Good for Drugs” program taught by our school social workers as well as the DARE programs for the 5<sup>th</sup> grade students.*