

## Walnut Grove Elementary: School Health Council

Wednesday, October 9, 2024 7:30-8:30pm

Walnut Grove Elementary

The goal of this committee is to assure a school environment that promotes and protects health, well-being and the ability to learn by supporting healthy eating and physical activities for students and staff.

### Attendance:

Angie Benson	Tyson Crosby	Brody Wright	Kyle Jans
Marissa Brown	Michelle Freeburg	Rebecca Foster	Derrick Jenniges
Janet Bush	Bee Chomprasob		

### Agenda Items:

#### Wellness Update Round Robin

- Healthy Eating Updates- Michele – Grant received Fresh Fruits provided in the morning and afternoon, have apples to participate in Apple Crunch and Farm to Table.
- Go Wild- Brody
- Sanford Fit – Marissa Brown -Marissa or another Sanford employee with conduct classes to begin in January
- Physical Education – Tyson
- Active Classrooms –Angie -Currently have active kits for indoor recess, busy with Read Act.
- Nurse Updates – Kyle Jans -New school nurse, administers FLU vaccine clinic for staff
- Student Input Email will be sent out to parents and staff for participation in wellness meetings.
- Social Emotional Wellbeing-
- Staff Wellness – Interested in bringing staff wellness challenges back, has been several years since they have been able to. Prior challenges have been walking, and water challenges. Will bring ideas and possible incentives ideas to next meeting.
- Future Meeting Date and Time – Will change meeting times to 7:30 in the morning.
- Additional members? – Angie will ask new teachers if they would be interested in fit cards or active kits.

### Next Meeting:

#### Oct, Nov, Jan & Mar

- ~~Oct 9, 2024~~
- November 12th, 2024
- January 14th, 2025
- March 11<sup>th</sup>, 2025