

## *Wellness Committee – September 30, 2025*

*The Wellness Committee met on September 30, 2025. At the meeting the following topics were discussed:*

- *In the middle school the Physical Education teachers have been focusing on teamwork activities with the students. Additionally, they are working to develop a plan to expand upon the use of the weight room during and potentially after school as well. The Too Good for Drugs program in conjunction with health classes for 7<sup>th</sup> grade students will be taught to students. Intramurals have begun and they have seen a good turn-out as well as many students participating on sport teams.*
- *At the high school a blood drive has been scheduled for November 10<sup>th</sup> from 11:00 a.m. to 5:00 p.m. Additionally, Ms. 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 1, 2025. Additionally, at Ostrander, at the K-3 level the physical education classes are focusing on movement while students in grades 4-6 are doing cross-fit type activities. All three elementary schools will be looking to have various events throughout the year that focus on wellness. For example, a Jump Rope event, 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.*
- *Marilyn Digregorio, the Food Service Director for Whitsons discussed the beginning of the year in all the buildings. She shared her plans for the school year which include:*
  - *Working on an Apple Crunch Day at the buildings and working with local orchards to secure products and hopefully a demo at the elementary buildings*
  - *Working to have guest chefs for events at the secondary level*
  - *Continuing the work with the food committees at all schools that develop a meal that will be featured on each building's menu. Additionally, the food service staff will be working to create a meal to be featured on the building menu as well.*
  - *Lunch with leadership where Central Administration and principals cook for the students at the buildings; and*
  - *Potentially other events throughout the year to enhance the food service program for the students and staff*
- *The Wellness Calendar will be updated throughout the year, and each building was reminded to update the calendar events and send any new events to Susan Hansen.*
- *The committee was provided with the Wellness policy to review again, and further discussion will take place at the next Wellness committee meeting.*