

Wellness Meeting

5/18/2021 3:45 PM

Elementary School Library

Wellness Committee in attendance: Diane Michael, Jessica Walker, Katie Greer, Sarah Albert, Michele Williams

1. Fuel Up to Play 60 – Update: Jessica Walker

- Went well this year, however need to work on getting students signed up through tech classes next school year.
- We need to make sure all staff understand why this program is so important:
 - i. \$4,000 per building can be received through grants
 - ii. Students have opportunities to become ambassadors and win trips
 - iii. Kobie Miles was our ambassador for FU60
 - iv. Send pictures of activities to Tech Dept. to put on webpage

2. Wellness Policy – Update – Diane

- Wording of Food Pyramid needs to be replaced with My Plate as verbiage has changed.
- Food Service Survey – to be sent out to staff before the end of the school year (Survey Monkey) and results given to Jessica for her report.

3. Wellness emails to staff – Diane

- Need to continue the practice of sending out Wellness information to staff
- Need to make a place on our website for stakeholders to go for wellness tips

4. Healthy Snacks- Parties - Update: Jessica Walker

- Elementary School did a great job with not having snacks brought in from parents
- Elementary had monthly birthday cupcakes provided by the cafeteria
- Elementary Christmas and Valentine day celebrations – food was provided by the cafeteria
- MS/HS need to work on using the cafeteria to provide healthy snacks for rewards
- MS/HS need to use cafeteria for classroom activities that use food as part of the curriculum as the cafeteria could have certain foods on the menu if the Head Cook knows of the event ahead of time (Pie Day, Spanish class, etc....)
- Snack options need to be sent out to staff so they will have a copy for their use.

5. Other –

- Communication – Building announcements need to be where all staff could read them
- Dress up days need to be District Wide (Spirit week, Right to Read Week, Homecoming)
- Any activity other than sports needs to be shared with all District staff, so staff know what is going on in the district.

How to get community members on this committee- Open to suggestions....

Reported by Diane Michael

Next Meeting September 2021 4:00 at Elementary Library.

Staff wellness survey...See Survey Monkey FY21