

Wellness Meeting Agenda

12.14.22 4:00 PM

Elementary School Library

Wellness Committee in attendance:

(5.10.22 minutes are in red)

1. Fuel Up to Play 60 – Update: Jessica Walker
 - Michele Williams and Mercedes Reese will plan the Fuel Up to Play 60 activities for the 2022-23 school year. They will use the May professional development days to plan the 2022-23 FUp60 activities.
2. Wellness Policy – Update – Diane
 - Policy review
 - Change “Food Pyramid” to “My Plate”
 - Wellness Newsletters
 - i. News letters are appreciated by staff, however, they are wanting the newsletters to provide more ways to promote healthy habits and how to prevent sickness.
 - Wellness Activities
 - i. The cafeteria has provided teachers and parents’ ways to provide “smart snacks” for parties and rewards for their students. (see attached flier from the cafeteria)
 - ii. Once a month the cafeteria provides a birthday cupcake (or alternative) to all students to celebrate birthdays at lunch instead of in the classroom.
 - iii. Christmas and Valentine Day snacks for the classroom parties were provided by the cafeteria this past school year. This alleviates parents from bringing in snacks (that must be store bought) and also helps control the amount of snacks students receive.
3. Wellness emails to staff – Diane
 - Monthly from Insurance Company
 - i. Are they helpful?
 1. The monthly insurance company newsletters have helpful hints, but we need them to be sent out each month.
4. Healthy Snacks- Parties - Update: Jessica Walker
 - Birthday snacks
 - i. See attachment. This is an option but needs to be more readily used by all staff as some cupcakes were brought in for celebration
 - Holiday parties
 - Elementary uses the cafeteria for the whole class parties.

Other –

Next meeting December 2022

Discuss:

Fuel UP to Play 60

Class parties