

Wellness Committee – January 6, 2026

The Wellness Committee met on January 6, 2026. At this meeting the committee discussed that each elementary school is working on a unique event to be scheduled which will be posted on the District Wellness Calendar. In February or early March there will be jump rope events at Ostrander and Plattekill. All 5th grade classes at the elementary schools are completing the DARE program. Ursula Petricek, DW Nurse Practitioner will be conducting CPR/AED classes at the elementary buildings for staff with a max of 12 per class. The Middle School continues to work on Mental Health aspects and social workers are doing Too Good for Drugs program with students. At the high school a Health Fair is being organized with a date to be finalized in April. In addition, a blood drive is being scheduled. Marilyn, the Whitsons Food Service Director began a second round of meetings with students at each building, and these should be completed in the coming weeks so that new featured menu items can be placed on the menus at each school. The District had a successful food service event at the high school and middle school where the District partnered with Handsome Devil BBQ restaurant and created a pop-up event for students. The food service department will be having other events like this soon. The Food Service department will be looking to create a unique contest for elementary students with more specific details to come in the near future. Students are utilizing the Athletic Trainer on regular basis to not only treat any injuries but also to do preventative exercises to assist our athletes at the middle and high school level. The committee discussed and reviewed that the District will be purchasing a food trailer that will be used in the District beginning in September 2026. Depending on when the trailer arrives there may be some events where it is utilized prior to September. This purchase is being made using restricted funds in the cafeteria fund that can only be used for food service purchases. The next committee meeting will be held on March 24, 2026, at 3:45 pm in high school room 102.