

Wellness Committee Meeting 10-24-12

Thank you for those that could attend last night. We met with Dr. Gallagher and just reviewed old ideas that may have been post-poned, vetoed, or are currently implementing. We also received some input from him on new ideas. Rita received a very "large" check for our AED. Golden Valley Hospital will match the grant up to \$1,000. So we have \$2,000 to spend. I will research the AED and see if I can find a good deal.

New ideas included:

- ❖ Back pack with food for the weekend. Mechelle mentioned Karen Lasswell was interested in this so we might talk to her and see if she can lead this project. I know several schools around the area do this program also- H'ville, Archie, Adrian, P. Hill, and Cass-Midway. Dr. Gallagher said they did this at his old school, so he will be able to help. He said Harvesters help and there was a group in Harrisonville that donated to P. Hill. We could have student groups take turns each week stuffing the back packs (Wal-Mart sacks), just couldn't reveal names.
- ❖ Vending machines were brought up but not much mentioned. Make a lot of money and are shut off during lunches and other school times depending on locations.
- ❖ Dr. Gallagher was interested in hiring an aerobics instructor to come to school at 3:30ish couple times a week and hold classes if staff would be interested. We would have to decide what type of aerobics would interest the most staff. Tara was going to ask her Zumba instructor.
- ❖ BCBS also has classes for education that they will come to school and present.
- ❖ Clothes box was mentioned. Clothing articles would be donated and then students would be allowed to keep them. Esp. tennis shoes for PE.
- ❖ Jammin minutes program seem to interest Dr. Gallagher. We would need to find out how to set this up for next year. Make a schedule of which teacher would tape which week and then how to play back at the end of the year.
- ❖ I am going to try to talk with Wal Green's or CVS to see if they can donate Pedometers, water bottles or other stuff for the biggest loser competition this year.
- ❖ Will need to further investigate the before school holding elementary students in the gym and exercising, then doing morning announcements, then releasing the students at one time.

Previous ideas:

- ❖ Obtain pedometers for staff/students- BCBS donation- water bottles- Biggest Loser
- ❖ Increase class curriculum for health and exercise. Jammin Minutes program. Video each week of 1 class room. Then teachers/staff do 1 month. Play at end of school year.
- ❖ Trail around the school ground. Place exercise/strength building objects along the way. Use for Cross Country path also. - Grant for trees
- ❖ Healthy snacks/parties. Rewards with extra recesses. - List on web site
- ❖ Celebrate birthdays monthly in class rooms to cut back on sweets.
- ❖ Walking Wednesday program

- ❖ Before school program. Meet in gymnasium and “exercise” until time to go to class. Do pledge and morning announcements at that time and then all students go to class with teacher at same time. - Appleton City does similar program, MS/HS hold students and teachers are assigned gym duty. Reebok and Ocean Spray have grants for before school programs.
- ❖ Girls on the Run- Currently doing
- ❖ ReCharge program for boys- Haven’t started yet- spring
- ❖ Tennis shoes for PE/Recess- Syllabus? **CLOTHES BOX MENTIONED ABOVE**
- ❖ Self Defense class.
- ❖ Biggest Loser competition for staff. Students??- Did with staff, will do again.
- ❖ Contest between staff/students
- ❖ Jump Rope for heart/ Hoops for Heart
- ❖ Hike/Bike/Track walk a thon- **MAYBE PTO COULD DO FOR FUNDRAISER**
- ❖ Green House growing fresh fruit/vegies. Use in class rooms or cafeteria.
- ❖ Decreased water cost to \$1. Pop \$1.25
- ❖ Health fair start of each school year. Hand out donations.
- ❖ Room Parent Tea
- ❖ No chocolate or strawberry milk for breakfast in elem. Ok for lunch. Look at cereal choices.
- ❖ Classroom prizes other than food/candy. Need suggestions.
- ❖ Track completion- hopefully within the next month
- ❖ Tornado shelter- on hold till we **really** need it.
- ❖ Flu shot clinic- went well

I know this is a lot but it gives us some things to think about. I would like to have a meeting in November to discuss the Biggest Loser- changes that we could do for this year’s competition. I would also like to see what we could pursue from the above list. We also need to think about our committee participation. There are several members who have not been to a meeting in a long while. If you no longer want or cannot be committed to this group, please let us know, so we can try to find someone who is.

How about Wednesday the 28th of November? Come with lots of ideas and we will work fast hopefully!!

Megan