

Wellness Committee Meeting 11/19/12

Thank you to those who came. We basically discussed the Biggest Loser Competition. We decided to keep the main completion the same as last year, but add a few new points.

- Keep 12 week competition January 11th-April 5th.
- Weigh on Friday
- Keep track of food/activity log. Helps to justify what you eat.
- Keep same teams/hallways as last year.
- Winning team/hallway gets lunch provided by the other teams
- Measure waist circumference at the beginning, middle, and end of the competition. Waist circumference is a good indicator of heart disease. Will measure across the belly button.
- Pay the top 3 winning individuals.
- Add a 5k walk/run at the end. Free or reduced entry for Biggest Loser Competitors. Open to community for cost. Have T-shirts, water, snacks? Set for April 13th 9:00 on the track. Have a rainout date if needed. Will have to check with the school calendar for other events that day.
- Need to find a way to publicize everything this year with newspaper or media.
- Add a walking category. Whoever can track the most mileage in a week can win. How do we verify actual mileage??
- \$10 entry fee for walking category, Biggest Loser competition- individual or team. If I put \$10 for team- what would I win back if team wins- As of now it is lunch provided by other teams?? Maybe a T-shirt? If I don't put \$10 in for a team do I still count as a team/hallway member? Need to work on this idea.
- Need lots of prizes- weekly individual winner, winner for activity/food log, and walker winner. Overall grand prize is money divided out. Last year I had a very hard time coming up with 12 prizes. I had to end up buying some. I will send out an email for suggestions, any left over, unwanted Christmas presents. Will also ask for suggestions for overall best team prizes. Will have to OK with Dr. Gallagher on these.

We also discussed the Back Pack Program. Will have to see if Dr. Gallagher is on board with this first. Some of the main points are:

- ✓ Harvesters only delivers to 1 school and will not unload the truck. Must find someone to do this.
- ✓ Storage of 3-4 weeks' worth of food.
- ✓ Someone to clean, sanitize, and refill backpacks weekly- Could use school groups.
- ✓ Reporting. Supposedly easy, first one is complicated, but after that just a check off list.
- ✓ Initial meeting is only held by Harvesters at the beginning of the school year. I'm not for sure if we can join now or will have to wait until August.
- ✓ Areas schools that participate: Archie, Midway, E. Lynne, Butler, Archie, H'ville, Adrian and P Hill- Not with Harvesters. Ray-Pec and Strasburg do not have a program.

- ✓ East Lynne pays \$200 per student. They receive their money from the Elks and Wal-Mart. Apparently the Free Harvesters has a waiting line.
- ✓ Most schools base the students off of teacher recommendations, free/reduced lunch kids. Harvesters will let us know how many we can pick. Get verbal consent from the parents and then send home written permission forms.
- ✓ Send home the backpack every Friday or last day of school that week.—What about snow days.
- ✓ P.Hill uses plastic bags so that the students do not have to carry home 2 backpacks. Easier for the student and more discreet.
- ✓ Packages are already premade and sealed in a zip-lock type container. 1 bag per kid.
- ✓ Grades K-6 are eligible. Can send home with more than 1 kid per family as long as in the correct grade limits.
- ✓ Have extra programs for Title 1 schools and programs for emancipated minors over the age of 18, but that would make you an adult if you are over 18. Have to clarify that one.

I will try to write up a Biggest Loser rules by the end of the month. Let me see what kind of suggestions we will have. I'm not for sure about charging for a team. Will have to see and think on that one, how to make it work. I definitely want to let people know we are doing it again and the dates for it. Thanks again for coming and for your suggestions.

Happy Thanksgiving!!

Megan