

Wellness Committee meeting

3/18/15

Lunches: Andy would like feedback, good and bad, on lunches. Especially if a choice runs out before the end of the shift or students are not offered both choices. Pat is going to mention this at the faculty meeting. I will email the MS and HS teachers.

Andy also stated premade salads should start in April.

Brought up idea of students designing menus with preplanned options to pick from. Rita would like for her health class to work on this.

Andy also mentioned that water and cups will be offered at lunch in both cafeterias, free for the taking. He doesn't feel students should have to purchase water.

Track: I will talk to Dr. Gallagher and see about setting track times for the public to use and publish these times.

5K walk: We need more people. Please pass the word. Brenda is working on putting the announcement out on the all call system. I have asked the Sherwood Weekly guy to run the ad again. Hopefully this will bring in some people.

Healthy Eating Competition: Janet and I worked on our 2 weeks' worth of tracking food. We found a few things to maybe change. If you all get a chance to do it, please give us your input. Dr. Gallagher said we could award an extra jeans day to the winning team participants every 2 weeks or so. Thought about a trophy for the winning team overall.

Newsletter: I forgot to mention that Janet and I subscribed to a newsletter that is premade. It has healthy snacks/recipes/exercises/wellness information already in it. We can email it to teachers to include in their weekly newsletters or we can post it or just print it.

Next meeting: I think we can meet in September. I am visiting with BCBS on setting up a date for the health fair in August.