

# Wellness Committee meeting

11-18-15

Account balance: \$2,443.52

Attendance: Janet Orr- nurse, Mechelle Branstine- Kg teacher, Melissa Whitworth- MS aide, Pat Woodward- 1<sup>st</sup> teacher, Rita Crocker- MS health teacher, Chelsea- SFE, Tara Carter- HS counselor, Tim Gallagher- Superintendent, LeAnne Salmon- community member, Amy Forst- parent, Reis Wright- AD, Megan Turner- nurse, Logan Forst- student, Chancey Whitworth- student, Lane Whitworth- student, Bailee Turner-student, Ella Turner- student, Sarah Horvatic- student

Not attending: Dan Matson- school board

Ongoing projects:

August- BCBS Health Fair-- FREE

September- Girls on the Run- Did not do this year- No leadership—STUDENTS PAY

Monthly healthy newsletter for elementary-- COST

October- Room Parent Tea with Elementary PTO- Healthy class parties-- COST

Flu shot clinic-- FREE

Wellness Challenge-- COST

January- Biggest Loser-- COST

April- 5K walk/run-- COST

Previous topics discussed:

Fresh water at lunch- pitcher/cups—Chelsea/SFE will look into this. Cost of cups. Water fountain across hallway- Students allowed to use during lunch? Not drinking enough water during day. Encourage water bottle of sort to refill during day.

Premade salads- lunch Include elementary? Chelsea/SFE will look at trying to place proportioned protein cups on salad bar. Instead of buying premade salads (expire to fast), make your own salad and use portioned cups. Would replace hot entrée. Individual cups would last longer than premade salads.

Opening up track to public in afternoon? Still working on. PE classes would have first priority. Open to public after school at 330. Could we make announcement on face book stating track open to public for walking from 330-dark daily or M-F. No lights on track. Hours subject to change with outdoor practices? We could list rules for track also. Type of shoes, strollers, no animals, etc...

Walking trail around school property? Good idea. Grants available for trail and spots to take breaks or work-out type station. Someone needs to look into writing grant—Rita said she had seen this grant somewhere.

Kids designing menus/ Crocker's health class helping make the choices? Rita started working on this last year with her 8<sup>th</sup> grade girls. We need to get a list of options from SFE and then chose students to combine items to make a meal. Final approval would be done by SFE to make sure all nutritional guidelines are met day to day and week to week. Will check with Lori Hernandez to see about selecting a group of students for elementary and maybe Rita's health class for MS/HS. Could we maybe start this next semester?

Cooking class make other options beside pizzas? Roving chef program. Chelsea will look into wraps/sandwiches. May try to incorporate MS and ES this year. Start next semester?

Sorry Chelsea, looks like we have asked you to do a lot of checking!

New topics to discuss:

BCBS impressed with decreasing trends at health fair—Keep up the good work. They gave us several new ideas to try. The passport looks great for MS. Will have to work on it and see how we can get it done for them.

New games/incentives to get staff/students motivated. This is the million dollar question. If you have any ideas, let us know. We can teach the students everything, but the parents are buying the groceries and cooking the meals. How to get them on board?

Teaching health/nutrition/exercise in elementary. Tie it into math/reading. Reis said he used to do this when he was teaching PE. He will talk to the PE teachers and see what they can come up with. We also need to see if the classroom teachers can try tying it into math or reading lessons.

Try to find rewards other than food- new box crayons, pencils, erasers, bookmarks, stickers. Takes time to think ahead and have specially made or extras sitting around. Students can remember and see the reward each time they use the item. Food is eaten immediately and then they forget about the reward. Try not to jump straight to food rewards. If do try to make healthy or small portion or combine with sticker.

Healthier daily classroom snacks. Working on it. Teachers/parents are doing a much better job. We are succeeding here! Janet had a very hard time picking a classroom winner for the Halloween healthier class party competition. Getting harder and harder with each party.

5<sup>th</sup> grade used to do “Jump into Action” They would get weighed, measured, BMI checked and then at the end of the program, they would repeat and see if the results changed. The program donated pedometers and the students would track activity and probably diet. I will look into this program and talk to the 5<sup>th</sup> grade teachers again.

Any other ideas:

1. Chelsea said she would try to find new fruits and veggies and have small sample cups to give to the students to try at lunch. Maybe have older students pass them around the lunch room.
2. Have a booth at the back to school supply night. We could weigh and measure kids and calculate BMI. Give info to parents regarding BMI and healthier choices. Rita said BCBS has had demo trailer before at a walk with plastic food to “make up meals”. Can check with BCBS regarding this.
3. Start back with the newsletter that had recipes and activities on it. Can put it on the back of the PTO newsletter.
4. Calculate BMI with the Biggest Loser this year and give a prize in the end for most change.
5. Host a night for parents to come and learn about healthy choices, how to select foods, read labels.
6. Invite Laurie Kedigh- PAT to meetings. She goes into the houses in the community. Maybe she can speak directly with the parents this way and encourage them to start choosing healthier options at the store.

7. 5K needs a theme- Glow in the dark run- glow sticks, t-shirts that glow, paint that glows. Any other theme let me know. Prizes for different categories. Provide activity bus to pick up parents/students in town and bring them. Ask teachers to supervise. Push the coaches/PE teachers to get the students involved.

Next meeting?

March 2016