

Wellness Committee Minutes
March 28th, 2018

Meeting called into session: 3:04pm

Minutes Taker: Matt McKinley

Sarah informed the committee of budget cuts to the grant. Each of our buildings is anticipated to receive \$2,100 instead of \$2,500, but that amount is not yet determined. She informed the committee about some of the other cuts which included sub reimbursement and monies used for professional development. Sarah shared with us that the grant year runs October 1st through September 30th. Because of the funding being late this year, our deadline for the *Program Materials Request* form will be pushed to a later date. She is hopeful that we will have the money by early June so that orders can be placed and delivered before the end of the school year. She will keep us posted. The physical education department has adjusted their orders and Betty Robert is holding on to them.

Matt informed the committee that the *Healthy Snacks* list is now on the website for parents and teachers to use if they wish to do so. This list provides snacks that meet the USDA Smart Snacks initiative.

A brief discussion took place about before and after school physical activities. Betty mentioned the use of the fitness center. Matt discussed the interest of 2 staff members who were interested in volunteering to stay after school and open up the fitness center for a group of kids that had an interest. The two teachers would possibly need CPR/First Aid certification and be trained in how to use the equipment.

The vending machine is no longer in the building we will encourage staff/advisors to follow our wellness policy.

Betty brought up the topic of a "healthy" staff development day She is going to speak to Stephanie Allen about putting this together for next year. Date TBD. The committee will be part of this planning process. This may be an opportunity to offer wellness activities for staff as well as inform and support district personnel regarding the wellness policy.

Ann Root informed the committee that the hydration stations have been installed at the junior high and they are wonderful.

Two unresolved issues revolved around our fundraising forms and about intramurals. Matt is going to contact Mr. Brady regarding these two topics and he will either report out to the committee through an email or they will be added to the May agenda. He will reach out to Sarah for direction on this.

Meeting Adjourned at 3:26pm