

Wellness Committee Meeting Notes

December 20, 2018

Attendance: Kyle Trexler, Gerry Giarratana, Amber Schlosser, Nina Piper, Lori Tirjan, Lauren Rood, Chris Hastie, Jan Alpaugh, Erin D., Dawn Fulton

Agenda:

1. Nutrition:
 - a. Education-Wall of Wellness:
 - i. Updates
 - b. TVs in lunch to identify calories/lunch
 - c. Expo's: 2017-18
 - i. Sustainable Wellness Expo
 - d. 5 Groups - as per student feedback
 - e. Apple Crunch Day
2. Gardening:
 - a. Greenhouse Use
 - b. Composting Project
 - i. Erin has interest in this project
 - c. Garden Club-EDR
3. Physical Education:
 - a. Variety
 - b. Staff
 - c. Student Extracurriculars: non-competitive activities
 - i. Cooking Club: student interest, volunteer to help those in need (hours), possible family cooking class?
 - ii. Trampoline park, rock climbing
 - iii. 5-6 weeks in April, district will fund
4. Student Feedback:
 - a. Quarterly student focus group - meet in Cafe with students
 - b. Improvements/Needs:
 - i. vegetarian options: soup, other options
 - ii. Advertise vegetarian options
 - iii. Survey students
 - c. Food Commentary:
 - i. Vending machines: are we meeting the guidelines and can we replace with healthier options?

Other:

1. Mindfulness: training
 - a. Sue Glenn - IU: Dawn Fulton will contact and provide update

Before the next meeting:

- Jan would like a team of 10-12 students
- 1-2 community members
- Meet 3-4 times a year
- Review “Wellness Policy Assessment Tool and Report Template”

Next Meeting: February 20, 2019