

Dec 17, 2024 | 📅 Wellness Committee Meeting

Attendees: Jessica Gould, Misty Fritz, Sarah Bigham, Carolina Magdessian, Patti Callery, Logan Meier, Teresa Burden

Notes:

- Welcome & Recap
 - Discussed Wellness Champion timeline and resources
 - Monthly ideas for resource tool-kit
 - Best practices for this role—what’s worked vs. what hasn’t.
 - Ideas for Wellness
 - Age group categories-maybe grouping Middle/High School
 - Nutrition Education
 - RD presentations
 - Family Cooking classes
 - Tours/Field Trips to Farmer’s Markets
 - Student Recruitment
 - Physical Activity
 - PE Activity Leader
 - Challenge-based activities
- Wellness Non-Food Reward Review
 - Creating different guidelines for different age-groups
 - Using these as suggestions/guidelines for schools so that there is flexibility
 - Reward employee and student focus

Action items

- Research gym/recess equipment
- Identify different age group non-food based rewards
- Board Presentation on February 13th - will lift up outcome we created and things in the works like wellness champions and activities we will be doing
- Plan for board meeting at next meeting