

Wellness Committee Meeting Minutes 9/26/18

In Attendance: N. Huband, E. Tooker, R. Ayers, O. Langer, J.Ayers, E. Dyndiuk, R. Rood, K. Plocki, V. Irwin, H. Sobieski

New members introduced.

K. Plocki explained the purpose of the Wellness Committee.

The “Action for Healthy Kids” School Health Index completed and we scored 87.36%. This measures our efforts to provide a school environment where students and staff are healthy, active and ready to learn. Areas that need to be focused on in our Action Plan are; Staff, Family and Community Involvement. The committee decided the best way to address some of these areas would be a Wellness Fair possibly near the end of March.

E. Dyndiuk suggested a “Biggest Loser” program for staff. The Town Hall employees participated in one last year with great success.

Wellness Wednesdays will continue with morning wellness tips shared by the 6th grade committee members they will work together to research tips to share.

Each month throughout the school year will have a theme. The wellness tips and activities will be planned to enhance the theme of the month.

October: Fitness in 10's

November: NO Junk NOvember- focusing on healthy snacks.

December: Germ Busters!

H.Sobieski will make Google Classroom page for the Wellness committee.

The next meeting will be the beginning of December and will be posted on the school calendar.