

Wellness Committee Meeting 1/18/18
Minutes

Members attending: K. Plocki, R. Rood, H. Sobieski, D. Sczygiel, V. Irwin, L. Kennedy, S. Winchester, L. Mogielnicki.

The committee will continue with monthly Wellness themes.

February: Physical Activity

Every Wednesday morning we will bring back the "all school dance" in the hallways will begin on Feb. 7 and continue throughout the month.

March: Heart Month

Heart facts will be shared during Wellness Wednesdays, and Jump Rope/Hoops for Heart will take place during the early dismissal days.

April: Stress Relief

Ways to reduce stress will be shared during Wellness Wednesday as well as various in class activities will be introduced.

May: Stepping into Spring!

School wide walk will be happening every Wednesday morning throughout the month of May.

June: Summer Safety

Wellness Wednesday tips will cover topics such as; sun protection, water safety, bike safety etc. Will be contacting resident State Trooper regarding a Bike safety class for students during field day.

Current activities:

Student members continue to do an awesome job with the Wellness Wednesday tips which they have been researching, writing, and announcing. S. Sczygiel has been keeping up with the bulletin board bringing many informative topics through the Lunch Program. The second session of after school clubs begins today. The Wellness Committee is sponsoring a Club "Cook and Learn" where students will be taught by a nutritionist ways to make their own healthy snacks and small meals. For the Staff she will return and offer helpful dietary needs and answer questions in a "Lunch and Learn" during the staff lunch periods.