

## Barkhamsted Wellness Committee Meeting Minutes

Oct 12, 2017

Present: Logan K, Leah M, Riley H, Leila G, Skylar W, Mrs. Irwin, Ms. Sobieski, Mrs. Dyndiuk, Mrs. Rood, Mrs. Ayers, Mrs. Sczygiel, Mrs. Plocki

The monthly challenges from last year were reviewed and discussed if this is something the committee wants to continue. Everyone agreed it worked well and was beneficial in meeting our goal of promoting good nutrition, introducing different foods, and making healthy choices.

1. Themes for the first 3 months of the year were discussed
2. The Committee agrees to:
  - a. Oct: Apples/ Apple Tasting
  - b. Nov: Root Veggies/ Turkey Trot
  - c. Dec: Healthy Choices/Snowflakes
  - d. Jan: Hydration?
3. Student Wellness student members will work on continuing the Wellness Wednesday announcements highlighting facts to coincide with the monthly theme and announce special activities.

Activities related to the monthly themes will be posted on the School Wellness page on the website and the school calendar.

There is still \$500 left of the Grant money the Wellness Committee received last year that needs to be spent for “physically active” classrooms materials. Mrs. Sobieski will look into this.

Staff wellness was also discussed with possible after school activities such as badminton, volleyball, and walking club for the staff. Mrs. Sobieski will look into offering these activities. Flu clinic scheduled for Wednesday Oct. 18th afterschool for all staff and the Town Hall employees.

The next Wellness Committee meeting will be in January which the second half of the year’s themes and events will be planned.