

## **Wellness Committee Meeting 11.9.17**

KiMS Fishbowl- Janis, Hae Sue, Angela, Marcela

Hae Sue: Danielle Wilburn would like to join committee

### **Turkey Trot updates-**

Marcela printed 10 copies of the Turkey Trot Flyers – will post around school for us

Prominent placement in PG tomorrow 11/10

Start putting out personal FB pages

Janis submitted content to Debbie for staff distrib

Postcard—Janis will check with Yvonne to see if we could tag along on one coming out

Announcements- for the morning. Everyday week of 13-17. Include meeting spot Thurs/Fri- Janis will update Maria on announcement content

Signs- when will those go up?

9:30 Meet for group photo – how to get that message out? Email directly. Janis will let Amy and Tim know timing. Turkey dressed up?

Leadership class- can they dress up? Encourage participation and spread the word via social media.

Angela will reach out to Sara Ward.

Janis will update our webpage for TT with meeting spot

### **Mindfulness-**

Marcela sent some info to Carol Hinrichs re: mindfulness, hasn't heard back yet

Bond/Knight/Engquist emailed by Maria to gauge any mindfulness interest, no response thus far

AJ Trask- Janis's workout partner, Army veteran/young/promotes mindfulness- may be a good fit to present to kids when an opportunity arises at KiMS.

At Debbie's meeting w Hae Sue, she mentioned that schools are working on ways to combat anxiety/more counselors/etc

Membership-let's personally ask friends to join this committee that we think might be a good fit.

Sometimes school comm's aren't noticed, and we want to make sure that those that are passionate about wellness topics can participate in various ways (online, in person, etc) so that the momentum we have created can continue for future years.

Next meeting is 12/7 @12:30 in the KiMS Commons.