

## Wellness Committee Meeting

9.18.18, Erika's house

Janis, Hae Sue, Yvonne, Erika, Meredith, Amy, Alexis

Weekly Waves- every Monday newsletter from LWSD

We tasted "Poop Like a Champion" cereal 😊

PTSA social after curriculum night- 9/26 evening til 10:30, add to PG and FB page

Wellness Social- targeting 6<sup>th</sup> grade parents, October 5th

Chainline is \$125 food/bev minimum for small room, meat on a mission foodtruck,

Wilde Rover, Melody Lynne, Grape Choice, Vovina

Panthergram: this Fri 9/21, 10/5

Turkey Trot

Incentive Program Update/Plan-

Debbie said she presented the concept to the staff- no interest

Could we find specific teachers to buy in?

Ask kids which staff this may be helpful for

Sign in the staff room- advertise the service there

Budget for these items can be approved ad hoc through board, not from wellness line item

Send requests to the generic wellness email address

Soft launch

Each staff member has \$250 classroom grant this year

Programs for 18-19- cooking classes?

Whole Foods- giving grants to school at district level. Ex: garden @ school/curriculum, honeybee, salad bar, healthy kids innovation

Erika will look into grant requirements, Yvonne will mention to Debbie to check for interest

21 Acres, Sun Basket

6<sup>th</sup> grade health- teaching to count calories?! Calories in/calories out. Megan Bricker/Bond, does curriculum need updating?

WellFest Pop-Ups?

Lunchtime- wellness lessons ex/ Weekday Warriors, make healthy snack or smoothie, relaxation techniques, go for a walk.

Next meeting

10/2-Alexis house

10/16-Meredith house

10/30- Maria's house

11/13-

11/27-

12/11-

12/18  
11/13  
11/27  
12/11  
12/18