

Health & Wellness Committee Meeting  
February 10, 2016  
7:45 a.m., District Conference Room

Attendees: Callahan, Fischer, George, Lund, Schuh

Other Attendees: No other attendees

**Agenda:**

1. **Winter Walk Update:** Good turnout, about 100 walkers. Suggestion going forward is to specify that it is an independent walk, not a group event. Also suggested serving the hot chocolate in the commons.
2. **Newsletters:** Choose to Snooze Campaign was included on the February Newsletter which went home in the Tuesday News Day folders.
3. **Dinner and Dialogue:** Oyster crackers and a family-sized can of soup will be given to each family. 6<sup>th</sup> grade students will assemble on March 11<sup>th</sup> to give out at P/T conferences. On March 25<sup>th</sup> they will be given to MS/HS students whose families haven't already received one.
4. **Family Fitness Night:** Scheduled for Friday, March 11<sup>th</sup> from 5:30-7:00 at the elementary school. Build Your Own Broth Bowl & healthy dessert.
5. **Choose to Snooze Campaign:** Encouraging students to go to bed at 8:00 on Sunday nights using "Bed by 8, start the week off great!" as a motto.
6. **Other:**
  - a. **Teen Anxiety:** Students will be surveyed. Discussed giving them tools to deal with anxiety; apps for breathing, self-talk and mindfulness.

**Next Meeting: March 3<sup>rd</sup> at 7:45 a.m.**