

Health & Wellness Committee Meeting
May 9, 2017
7:45 a.m., District Conference Room

Attendees: Callahan, Fischer, George, Klein, Lund, Stevens

Other Attendees: Ally Tebon

Agenda:

- 1. Guest Speaker: Laura Wilford, NFL Fuel Up to Play 60/Milk Marketing Board:**
Focus of the program is on healthy eating and physical activities through student leadership. Form a group of students in grades 6, 7 and 8 (both boys and girls) who will commit to leading activities, recruiting other kids, doing food drives, developing and leading brain breaks. Suggestion from committee is to ask a senior to start the group for their Step it Up project next year.
- 2. Deerfield on the Run Update:** 40 kids have signed up, there are 3 paid coaches. They started last week and 5K race will be May 25.
- 3. Biking to School Update:** Scheduled for May 24. Meet at Oak Park Rd. bike trail at 7:15 and bike to school.
- 4. Walking School Bus Update:** Scheduled for May 10 and 17. Meet at Nelson-Young Lumber and walk to school.
- 5. Nutrition Services Report:** Emily Lund reported they will be planting the school garden next week. This year's crop will be butternut squash. They will be serving rhubarb crisp for the next Try it Tuesday.
- 6. Nurse Report:** It was reported that we will have a new district nurse next year.
- 7. Staff Survey:** Survey is to gather information that will help the committee set up a 2 x 20 program.
- 8. Other:**
 - a. Dane County Youth Survey:** Asked committee to think about questions they would like to add to next year's survey.

Next Meeting: Thursday, August 10, 2017 at 10:00 a.m.