

Health & Wellness Committee Meeting
August 24, 2016
8:30 a.m., District Conference Room

Attendees: Barber, Callahan, George, Johnsrud, Klein, Lund, Kamrath

Agenda:

1. **Expect Success Project:** Will give out bags of granola to families that have a label listing activities for this school year. Nutrition Services is having a Garden Party and will serve several healthy foods/snack samples.
2. **Grants Update (Pam):** Received two NFL Play 60 grants: \$500 for our event on September 9th and \$1,700 to purchase a cooler for the a la carte area at the MS/HS. Pam Klein announced she is in the process of applying for a Game On grant to purchase PE equipment for the elementary school.
3. **NFL Play 60 Night:** Scheduled for September 9th. People are encouraged to come and walk the track for at least 30 minutes before the football game. Participants will get passes to attend the Healthy Snack Tailgate and for free admission to the game.
4. **2016-17 Activities:** NFL Play 60 Night, Winter Walk, newsletters, Walking School Bus, Family Fitness Night, Yoga in MS, Family Yoga Night, review Human Growth and Development policies, review current Health and Wellness policy with staff members.
5. **Other:**
 - a. **Meetings:** Discussed changing meeting time to 9:30 a.m. due to committee members' availability.

Next Meeting: September 13th at 9:30 a.m.