

Health & Wellness Committee Meeting  
September 10, 2015  
7:45 a.m., District Conference Room

Attendees: Bourke, Callahan, Fischer, George, Johnsrud, Klein, Lund

**Agenda:**

1. **NFL Play 60 Night:** Scheduled for September 18<sup>th</sup> from 5:30-7:00 pm before the football game. Healthy meal will be a snack wrap, string cheese, milk, and dessert.
2. **Dinner & Dialogue Review (winter dinner):** Distributing the meal starters on Open House/Expect Success Night went well. Looking at having a winter dinner at the elementary school.
3. **Nutrition Services Update:** They are starting to dig out the potatoes in the school garden and they will be served the week of September 21<sup>st</sup> as roasted potatoes.
4. **Staff Activities:** Ideas generated were an after school workout time and aerial yoga at Kula Yoga and Wellness in Cottage Grove. More activities will be planned based on results from the Employee Health Risk Assessments.
5. **Other:**
  - a. **After School Snack Shack:** Pam Klein and Dan Lannan are working on this and looking for a pre-packaged option.
  - b. **WI Milk Marketing Board:** They are coming to present checks tomorrow and money will be used for recess materials.
  - c. **AODA Grant:** Pam Klein is using the data from the Dane County Youth Survey for her freshmen class to make posters highlighting positive results.

**Next Meeting: October 22<sup>nd</sup> at 7:45 a.m. in the district conference room**