

Health & Wellness Committee Meeting
Tuesday, September 13, 2016
9:30 a.m., District Conference Room

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

Other Attendees: Aime Hruby, Melinda Kamrath

Agenda:

1. **Walking School Bus:** Scheduled for October 5th and 19th. Will meet at 7:15 on the bike trail by Nelson-Young Lumber Co.
2. **Yoga Mat Cart:** The cart and 30 mats cost \$500. Considering getting one each for the elementary and middle schools. Can use GoNoodle so students can watch the yoga while doing it.
3. **Distracted Driving Assembly:** Pam Klein's Contemporary Health Issues class students created a plan to hold an assembly to try to cut down on distracted driving. Will put an insert in the Homecoming football game programs.
4. **NFL Play 60 Review:** Over 100 walkers participated this year and people enjoyed the light snack. Consider having the walk end at 6:30 next year as it gets to be a little too close to game time before the track is clear.
5. **Human Growth and Development:** Policy review will take place at a future meeting.
6. **Other:**
 - a. **Rock the Walk:** Karen Frey would like to organize this through Fort HealthCare. Will invite all staff to participate. Suggestion to hold a competition between the buildings.
 - b. **Fort HealthCare Pep Rally:** They would like to hold a pep rally for students in grades K-3 in March.

Next Meeting: October 25th at 9:30 a.m.