

Health & Wellness Committee Meeting
October 22, 2015
7:45 a.m., District Conference Room

Attendees:

Barber, Bourke, Callahan, Fischer, Johnsrud, Klein, Lund, Wierzba

Agenda:

- 1. Events Update:**
 - a. NFL Play 60:** Great turnout this year, great feedback from families. Discussed changing the snack offering, kids didn't seem to care for the wrap.
 - b. Walking School Bus:** Decided to hold it twice during October instead of each week, turnout has been better this year.
 - c. Dinner & Dialogue(Jan. 15):** Ideas are a soup starter or pancake mix. Winter Walk will be the same night and suicide prevention is the theme.
 - d. Spring Family Fitness(March 11):** 6:00-7:30, same format as in previous years but will be able to offer roller skating as an option this year.
 - e. Cabin Fever Friday(MS Event-set date):** Date set for February 10th (Wednesday early release) and teachers are going to plan activities during the school day.
- 2. Skating Grant:** There will be two PE units for grades 4-6 and they will skate six times during the school year. A letter will go home to parents.
- 3. AODA Grant:** Pam Klein applied for this grant which would be used for freshmen health class students to create signs that highlight good choices that our students are making.
- 4. Nutrition Services Update:** Emily Lund reported that 78 pounds of potatoes were harvested from the school garden and they were served at lunch on October 1st. Carrots will be planted next year. The theme for National School Lunch Week is Alice in Wonderland. The elementary students will go through a rabbit hole to get their lunch.
- 5. Dane County Youth Survey:** Brian Koenig will come to our meeting in November to share results.
- 6. Other:** No other items.

Next Meeting: TBD