

Health & Wellness Committee Meeting
October 25, 2016
9:30 a.m., District Conference Room

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

Other Attendees: Ally Tebon, Aime Hruby

Agenda:

- 1. Middle School Health Fair:** Diana Barber will discuss with middle school team and report back.
- 2. Winter Walk:** Scheduled for December 2nd, and will be promoting awareness for the homeless and the Socks for Seniors program.
- 3. Family Bike Night:** Scheduled for May 12th from 5:00-7:00, would bike and serve a snack afterward. Family Fitness Night scheduled for March 17th.
- 4. Distracted Driving Assembly:** Will schedule sometime during November-January.
- 5. Food Service Report:** Emily Lund reported that 204 pounds of carrots were harvested from the school garden and were served steamed at lunch and shredded on a Try It Tuesday. She is planning a dinner on February 13th to raise money for landscaping around the garden.
- 6. District Wellness Challenge:** Discussed doing this in January, some ideas were Ironman and Movin' & Munchin'.
- 7. Massage Day for Staff:** Discussed doing this in February, would cost \$10 for 10 minutes chair massage.
- 8. Other:** No other items.

Next Meeting: November 15th at 9:30 a.m. in the district conference room.