

Health & Wellness Committee Meeting  
December 9, 2015  
7:45 a.m., District Conference Room

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

Other Attendees: Brad Johnsrud

**Agenda:**

1. **Winter Walk:** Scheduled for January 15<sup>th</sup> from 5:30-7:00, (before girls basketball game) theme this year is Suicide Prevention. Will plan for 100 walkers, serve hot chocolate and have a raffle.
2. **Roller Skating Grant Update:** 4<sup>th</sup>-6<sup>th</sup> grade students will have three, 1 ½ week units each year. Students loved it, said it was a lot of fun. Suggested getting a parent volunteer to help students put skates on.
3. **Recess Time:** 2<sup>nd</sup> grade students gave up one afternoon recess per week, 4<sup>th</sup>-6<sup>th</sup> grade students have afternoon recess once in a while.
4. **Family Fitness Night:** Scheduled for March 11<sup>th</sup> from 6:00-7:30.
5. **Dane County Youth Assessment: Data/Ideas:** Areas to focus on with students are anxiety, depression, suicide ideation, lack of sleep and stress. Suggested topics could be addressed during mentor time at the high school level.
6. **Other:**
  - a. **Bridges:** Suggested having a roller skating night at the roller rink in Watertown.

**Next Meeting: January 13<sup>th</sup> at 7:45 a.m.**