

Health & Wellness Committee Meeting
December 19, 2017
7:45 a.m., District Conference Room

Attendees: Backes, Barber, Dunnington, Fischer, George, Johnsrud, Klein, Koepfel,
Schuh, Stevens

Other Attendees: No other attendees

Agenda:

1. **NFL Play 60 Smoothie Bike:** Milk Marketing Board has a bike with a blender attached. We will have it during MS lunch on December 22 to make smoothies for the students. Nutrition Services will be providing additional healthy smoothies to complement the smoothies made by the middle school students during lunch.
2. **Charity Miles Review:** Charity Miles is an app that allows you to pick a charity to earn donations for by walking, running or biking. On December 22, Pam Klein will request information from staff regarding their participation in this campaign.
3. **New Year's Staff Challenge:** Pam Klein created a New Year-Better You challenge for staff. Pam Klein will send out the information to staff prior to winter break.
4. **Winter Walk:** Scheduled for Friday, February 9 from 5:30-7:15. The NFL Play 60 student group will be helping to organize the event.
5. **Family Fitness Night:** Scheduled for Friday, April 27 and will combine it with Family Bike Night. Healthy cookout and would like to offer a mindfulness session.
6. **Other:**
 - a. **Rainbow Week:** Pam Klein attended a conference to learn about this. At the elementary level, there is a different color food offered for each day of the week. At the MS/HS level, there is a different diversity theme for each day.
 - b. **Share Table:** An initiative to save food from being thrown away during lunch. Students can put unopened food and drinks they don't want on a designated table. Provides an opportunity for other students to take additional helpings of food or beverages. Pam Klein will research requirements of the program.
 - c. **Mindfulness Class:** There will be an 8-week class starting at the end of February.
 - d. **District Wellness Policy:** The guidelines were handed out last month; no feedback at this time.

Next Meeting: January 16, 2018 at 7:45 a.m. in the district conference room