

Wellness Committee Minutes
December 1, 2016
3:20pm – 4:00pm
Elementary Conference Room

Attendees: Scott, Julie, Erin, Donna, Ty, Shelly, Caitlin & Megan

Absent: Kathy, Donna, Jason (bus route)

Discuss Items Presently Happening:

1. Cafeteria Update:
 - a. Possible Changes with New President
2. Strength and Conditioning Class:
 - a. This class is offered two periods, both co-ed
 - b. Ty is looking to acquire a classroom set of pedometers to use in both his elementary and high school classes (possible competition with number of steps between classes, etc.)
 - i. He asked Ryan Castle and Wilson doesn't do this sort of thing
 - ii. Megan Maurer will ask Linda
 - iii. Emerson Grant?

Items of Concern:

3. Alcohol:
 - a. Definitely an issue during football games/rain delays/half time

Discussion of New Ideas:

4. Mini Health Fair/Screening For Staff:
 - i.—Scrap this idea because it costs too much
5. Parent & Student Involvement:
 - a. Erin is going to invite Kristi Voisard to our team!
6. Food Allergy Policy Update:
 - a. Policy Sent home at beginning of each school year
 - b. K-5 participating in peanut free program
 - c. This program is adding one grade per year
 - d. Students at elementary do a nice job respecting our food allergy policy (PAL)
 - e. Peanut Free table at JH/HS in a couple of years
7. Elimination of Classroom Birthday Parties for 2016-2017 school year at Elementary
 - a. Replace individual birthday treats with a “Monthly Birthday Party”
 - b. Treats will be provided to all students who have birthdays during that month
 - c. Scott will provide these treats
 - d. Going very well!

8. Playground Updates
 - a. Grass on Playground
 - i. TruGreen sprayed for weeds & fertilized last fall
 - ii. Gavit Paving never got a chance to roll out grass last spring, so Kevin Geise is working on finding a new company to do this
 - b. New Concrete this Fall!
 - i. 16' x 100'
 - ii. Cost around \$3500
 - iii. This allows more room for students to play on a hard surface, especially in the winter time (when the concrete is cleared off)
 - c. Paintings
 - i. Emma Culp and her Art Club painted the following on the playground
 1. Hopscotch (x2 or x3)
 2. Four-Squares (x3 or x4)
 3. Redskin Head on the Basketball Court
 4. State of Ohio
 - ii. Looks great and students love it! Thanks, Emma!
 - d. Possible Topsoil from Rapid Development
 - i. If approved, we would like to add a couple inches of good topsoil to the playground to provide students with a softer grass area to play in
 - ii. This would require re-seeding of grass and purchase of hay
 - iii. Total cost of the project would approximately be \$5000
 - e. Current Health Challenges
 - i. Winner gets a Walmart Gift Card
 - ii. Maybe the expectation to workout 30 minutes a day, every day is a little much
 1. Is this the expectation or is the staff confused?
9. Future Idea for Staff:
 - a. Still holding out hope for to give Staff Members a Fitbits/Vivofits to use to become more healthy!
 - i. Track steps & calories
 - ii. Possible group discount or Grant Opportunity?
 - b. Summer Health Challenge
 - i. We looked at fliers of Summer Health Challenges that Marion Local offers

Adjourn: 4:00 p.m.