

Health & Wellness Committee Meeting
February 18, 2010
9:15 AM

Members Present: Barb Callahan, Barb Bendall, Pam Haffely, Sandy Fischer
Guest Present: Doreen Treuden

Agenda Items:

1. Family Fitness Update and Planning for Next Year:

Invite Deerfield Community Center to ask them to join the group in planning for next year.

2. Movin' and Munchin' Update: Going well, learning a lot about how specific we would need to be.

Next Year try the Movin' & Munchin' concept with Middle School kids.

3. Other Activities for 2009-2010:

Movin' and Munchin' for MS

Family Fitness

Wellness Day fro Students & Staff

4. Health Classes - Changes:

7th and 9th grade health class all kids get these for the semester.

New 11th grade Health class.

Future Action: Start exploring curriculum for new health class if it is in the schedule for 11th grade. Barb will talk to Mark Luetschwager.

5. Amazing Race Update: Need the Health & Wellness Committee

Needs to find a Volunteer EMT to man the first aide station.