

Health & Wellness Committee Meeting
March 18, 2010
9:30 AM

Members Present: Barb Callahan, Tracy Frank, Pam Haffely, Sandy Fischer, Pastor Sexe, Tom bush, Jacquie Schuh
Guest Present:

Agenda Items:

1. Family Fitness Update and Planning for Next Year:

Hold twice a month: 1 night at the ES and 1 night at the MS for (5th - 8th)

Create a Thank You for all sponsors and instructors.

MS Night would be organized by Community Center sponsors, for MS – Boosters, PTO and Bridges. Keep time 6:30 – 7:30. Think of a name for MS Night.

Final Family Fitness Night will be April 16th – Signed Packer football will be raffled off.

2. Amazing Race:

A handout was passed out to students and a packet for the Amazing Race.

Headquarters will be Deerfield High School.

Still looking for Prizes for the day: Trophy (Barb will help get that), discussed having a traveling trophy.

3. Goals for 2010-11 School Year for Health & Wellness:

1) Increase the Family Fitness Night to include MS ages

2) Have a “Pink Out Night” for Boys Team. Could be a “Red Out” or “Black Out” for Heart Disease or Prostate Cancer.

3) Have a Health & Wellness Day:

AM for students,

PM for Staff and open to the community: include info, blood pressure check, etc.

4) Family Nutrition – Event – Class

5) Community Garden Idea ???

6) Review Lunch Program – Provide nutrition info at MS & HS

7) AODA Survey