

Health & Wellness Committee Meeting
October 21, 2010
3:00 PM

Members Present: Barb Callahan, Beka Johnson, Sandy Fischer, Tammy George, Catherine Wildenberg, Janelle Van Erem

Agenda Items:

1. Review Health & Wellness Committee Summary:

Reviewed history of the committee. Discussed adding student representatives from MS/HS. Pam Klein provided an outline of things going on in the schools in regards to Health and Wellness.

Future Action to be Taken: Review Wellness Policy..

2. Active Schools Grant Update:

Holding early release fitness classes for MS/HS Students. Offering raffle prizes, students get more tickets if they come. Will be sponsoring a LIVE STRONG – Cancer Awareness on Thursday, February 17th.

Future Action to be Taken: Check on Price of Flashlights for LIVE Strong Walk.

3. Friday Night Fitness:

Savannah from YMCA offering Family Yoga. May not have much of a turnout on October 22nd due to Volleyball Regional game.

Next event if November 19th.

4. Wellness Policy:

Move to next month.

5. Health & Wellness Workshop on February 4, 2011:

Provide workshop for students in the morning with a combination of classes and activities.

Future Action to be Taken: Ask for input from staff on what went well or suggestions. Need to come up with more classes for students.