

Health & Wellness Committee Meeting
September 3, 2009
9:15 AM

Members Present: Barb Callahan, Pam Haffely, Tracy Frank, Barb Bendall, Pastor Sexe, Ann Aplin, Jackie Schmitt, Tammy George, Sherry Lemke

Agenda Items:

1. Fitness Family Fun Night:

Discussed offerings of activities and set dates for the year.

2. Goals for 2009-10 School Year:

Review Health & Wellness Policy, Continue to review family fitness program, Flu prevention, after school activities for staff.

3. Review Health & Wellness Policy:

Discussed adding physical activity for Middle School students.

4. Other:

Discussed opportunities for staff, such as Yoga and other fitness classes. Pam shared some ideas she had to encourage Health & Wellness among staff.

Barb Bendall shared a presentation on Flu Prevention.