

11-03-15

CD Wellness committee met Tuesday, November 3rd at 1:30 pm. Attending were Joy, Wendell, Ben, Tricia, Deanna, Chris, Amy & Justine

Topics of discussion:

Joy reported on the Super Power summit she attended with 3 middle school students. They went to different sessions during the day and had some time to review our district wellness policy. She has submitted a grant to purchase heart rate monitors.

Tentatively set Wednesday, March 9, 2016 as the date for the health fair for grades 3-8.

There is a school wellness conference/training in Ames, Thursday, November 12. Joy and Deanna have registered to attend. There is a \$500 grant available to support local wellness policies for schools that attend.

There was discussion on CD's wellness policy and what standards/rules we need to follow and how to communicate this with district staff. This will be discussed at the December meeting.

Next meeting, Wednesday, December 9th, 7:45 am in Tricia Applegate's room (cluster room).