

12-16-15

The CD wellness committee met Wednesday, December 16 in the cluster room. Attending were: Tricia, Deanna, Kerry, Amy, Rudy, Ben Wendell, Joy & Justine

Deanna & Joy discussed the conference they attended November 12th. Some topics from the conference: physical activity/brain breaks in the classroom, in PE-using fitness tests and measuring BMI's for students, safe routes to schools/walking program, legal liability of an open weight room (discussed partnering with hospital for upkeep).

Deanna & Kelly Hinds have been working getting the wellness policy online connected with the district website. Joy mentioned the wellness policy needs to be reviewed every 5 years and we have some wording that needs to be changed and that we might look into inviting students and parents to be on our wellness committee.

Discussion of how to inform teachers of the wellness policy and how that affects them in the classroom-especially with classroom parties. We are wanting to encourage a culture of wellness district wide for CD. Amy stated we could have some time at the PD day Jan 4 to discuss. Also brought up offering more healthy items at ballgames and having water bottle filling stations with the water fountains.