

Wellness committee minutes for 9/14/16

The Central Decatur Wellness committee met on 9/14/16 at 7:45 am in the TAP room at the high school.

Present: Tricia, Rudy, Justine, Deanna, Chris, Amy & Wendell

Discussion of the walking school bus which will be next Friday, 9/23:

Chris will check with Brian Broich about still having the buses shuttle kids from north to south and south to north. Amy noted the PTO will be helping, mostly at south school. Chris will remind chamber members and check with rotary members this week about volunteering. All the athletic teams (football, volleyball & cross country) are ready to help. We will have volleyball players at north/MS/HS as they have practice that morning and use more cross country and football players at south. Rudy will talk with Jason Weir to let the police department know what our plans are. It has been in the paper and in the elementary newsletter. Rudy will have Shondell put on Facebook and send out via textcaster. Wendell and Ben will discuss with all students next week. Justine's seminar will be making the motivational signs. Chris mentioned we need to remember to take photos that day.

Other business-There was a discussion if we are seeing a reduction of candy and sweets used as incentives or rewards for students and what is being done for classroom parties, such as the Fall/halloween party. It was agreed that staff has been using granola bars or fruit snacks instead of candy for rewards and we are seeing healthier options, such as fruit or meat & cheese trays in classrooms for celebrations.

The Healthiest state walk is set for Wednesday, October 5th. Justine will register our walk on the website. We may be able to fit a walk in with students the Friday before, Sept 30 as this is Homecoming. Rudy & Justine will check with Kat Akers.

The JET fitness center in Osceola is offering a "free" week for all CD staff. Justine will forward the email to all staff. This includes using the gym and all classes and boot camps.

Next meeting is set for Wednesday, Oct 12th, 7:45am in the TAP room.

**Note: I did register our walk, I just put it on for 10/5 just so we could be counted for that day. Here is a link to it:

<http://www.iowahealthieststate.com/events/walk-details/554/>

Or you can go to the healthiest state initiative website, click events, annual walk and then find Decatur county.