

Wellness meeting 05/11/17 @ 8:00am

The CD wellness committee met on 5/11/17 at 8am. Present: Justine, Joy, Rudy, Ben, Chris, Wendell, Mindi, Tricia, Amy, Deanna, Angie Scudder & Kathryn Thompson (consultant)

Kathryn gave an overview of the Snap Ed program for the elementary and the Healthier US School challenge awards we are applying for. We are trying for the silver level which would give each elementary \$1,000. She also discussed Team Nutrition resources that can be used in classrooms.

Thanks to Ben & Wendell for their work with setting up the walking school buses this spring.

Next steps for committee: set a timeline for building progress-prioritize goals for wellness committee. Wellness policy needs to be reviewed at a board meeting. In August we need to review policy with all staff and make sure everyone is accountable with this.

Justine & Deanna will check on water filling stations.

Wellness meeting 09/29/17 @ 7:45am

Joy, Justine, Deanna, Angie, Chris, Tricia, Ben, Wendell

There was a discussion of the final meeting with Kathryn yesterday (Joy, Deanna & Justine). We have applied for the silver level award for north & south elementary.

Discussed having a student representative on the district wellness committee, possibly an athlete/PE, health student or culinary student as an option. Next goal is to have the policy updated and approved by the board at the November 20th meeting. Joy will send out the policy and our next meeting will be focused on any updates.

Deanna has updated the wellness meeting minutes on the CD website.

2 water bottle filling stations have been put in--one in HS commons and one at north elementary.

We are a control school for pick a better snack at 4th grade level--this will mostly involve some survey data, and then next year we will be an action school. The summer school kids had a garden and planted watermelon that has been harvested and served during lunch. There are some pictures on the Iowa Healthy schools initiative Facebook page about this.

First walking school bus went well on Homecoming Friday. Next date will be October-13 or 20, depending on weather.

Healthiest state walk is Wednesday October 4. Both elementary buildings will be walking the track together at 2pm. MS/HS will walk during seminar time. Justine will email teachers to let them know and to let students know before Wednesday.

Next meeting in October to review policy.

Wellness meeting 01/31/18 @ 7:45am

Wellness committee meeting 1/31/18 0745 in the HS TAP room. Discussed Health and wellness fair and spring dates for walking school bus. Wendell and Ben will coordinate dates for walking school bus--will most likely start after spring break.

Tentative plan for health/wellness fair for Wednesday, March 7. 9am-1pm. This is the same day/time frame for the FFA Food for America program. I have emailed Rosa to check on this. Listed below are the vendors we have had in the past and who will be contacting them. Please try to make contact in the next week to see if they are available. Also if anyone thinks of any other ideas/people that might be a good fit for this day--go for it!!

Possible vendors:

DC Hospital/ambulance—Rudy

CHCSI—Justine

Blood center/LifeServe—Justine-Kat

Public health—Deanna

Hy-Vee—Deanna

Hyvee pharmacy—Deanna

Dr. Heffron—Ben

Lockdown fitness—Deanna

Sheriffs dept/Leon PD—Deanna

Fire Dept--Chris

I-smile—Justine

CD food service-Joy—Justine

Hillyard cleaning— Justine--Sue

Graceland—Wendell

We will plan to meet again the week before the wellness fair to finalize everything.
Thanks!!

Wellness committee meeting on 05/09/18 @ 7:45am

Present: Justine, Deanna, Amy, Joy, Rudy, Ben, Chris, Wendell

The last walking school bus for this year is scheduled for next Friday, 5/18.

There was a discussion on how to spend the grant money each elementary has received from the Healthier US silver award. It is \$1,000 to each North and south buildings. Ideas discussed were for new scooters, ala carte cooler for north and supplies for field day activities. Joy will get the rest of the information regarding when it needs to be spent and finalize plans with Ben and Amy.

Joy brought up that they are looking into drop off locations for sack lunches for the summer food program. This will be in Van Wert and possibly Grand River. Joy also mentioned a grant to use to transform a bus into a food truck for school nutrition use.

Deanna will have conference call regarding a vision screen testing option with a company from Alabama this week.