

Wellness meeting 05/09/18 @ 0745

Wellness committee meeting on 5/9/18 at 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.

Wellness meeting 11/08/19 @ 0745

The wellness committee met at 7:45am on 11/8/18 in the TAP room of the high school. Present members: Tricia, Wendell, Ben, Chris, Amy, Joy, Justine and Donna Binning is now joining from Decatur County Public Health

There was a discussion of the current wellness policy and committee purpose. Chris sent out various documents including our current wellness policy. Joy will be sending out the policy we worked on last year, please review these before the next meeting. This needs to be finalized and approved before Joy's review in February.

Donna shared information about the 5-2-1-0 strategy for students and adults. Working for 5 servings of fruits and vegetables a day, 2 hours or less of screen time, 1 hour or more of physical activity and 0 sugary drinks--more water. This year she will be adding in 4th grade students for healthy schools/healthy students with a My Plate focus. This will start in November.

Public health will be providing education to staff on vaping during the January 2nd professional development.

Next meeting is December 6, 7:45am in the TAP room. Bring ideas of goals for spring and be thinking about our overall goals and focus for the committee.