

October 23, 2017

The Wellness Committee Met October 23, 2017 at 1:30pm.

The agenda included:

- The nine days of special events include
 - Fall Festival
 - Holiday festivity
 - Valentine's Day
 - The last Friday of each month without a celebrated holiday
- Compliance with posting minutes for public viewing
- Menu review for compliance with the National School Lunch Program and State standards
- Open discussion

The committee agrees posting the minutes to the school website will meet the state's required posting standards.

The school menus were reviewed and found to meet state and National School Lunch Program standards and requirements.

Open discussion included reviewing menus to decrease carbohydrates. This is found to be difficult due to the state's grain requirements.

The attendees discussed changes to the Pre-K menus which include providing white milk only and less bread to meet the state's guidelines.

The attendees discussed health improvements for the 2017-2018 school year for employees. Our lowest rating was found to be encouragement of staff to participate in healthy activities or programs.

- The employees will be encouraged to participate in diet programs and intramural sporting events between staff and staff and students.
- Employees will be encouraged to participate in exercise (walking, jogging, swimming, gym)
- Employees will be encouraged to complete wellness checks and be compliant with their individual health plans per their MD.

Attendees included:

- Michelle Cook, Child Nutrition Director
- Dana Otterpohl, Master Teacher
- Laura Stephens, Parent representative
- Valerie Johnson, Parent Coordinator
- Mindy Searcy, Elementary Principal
- Michelle Sullivan, RN, School Nurse

The meeting concluded at 2:50 pm.

