

Minutes

Health/Wellness Committee

February 4, 2019

3:00-4:00 Room 10

Meeting called by Kim Morris

Attendees:

Bev Armelino	Principal
Kim Morris	Nutrition/Cafeteria
Kelly Pagan	School Nurse
Michael Gray	Physical Education

Absent:

Tyler Paloutzian	Parent
Arisa Wongjodsri	School Psychologist

Cafeteria Updates:

Kim Morris spoke about State Review, February 12-14. State came and observed breakfast and lunch serve.

Garden Updates:

Kim Morris spoke of the cool weather vegetables that have been planted in the garden. Onion, celery, different types of lettuce, red and green cabbage, beets, spinach, broccoli and cauliflower. She has been having help from Ashley to work with Project Share, getting the students out in the garden to help with planting, weeding and clean up. Over the last few months they have also put in new watering systems, weatherized for winter and put up new hardware cloth, as needed.

PE PA Updates:

Michael spoke about the Presidential Fitness, ahead of schedule and how he is preparing students with spot testing-mile, sit ups, and cardio. Fitkid award is being given at assembly and the it isn't just about the fittest, but about sportsmanship.

Nutrition/Health Education Update:

Kelly spoke of how she was putting health information into the newsletter for parents. She is going to update monthly. Harvest of the Month has been cancelled.

Staff Wellness:

Kim talked about Zumba and how its being put on in the cafeteria every Tuesday-Thursday from 3:45-4:45. Great turn out also, between 6 and 12 people every time. On going.

Other:

Wellness Policy was gone through and updated. Kim will type up and Bev is making memo to take to School Board Meeting on February 14, 2019 for approval.

Adjourned at 3:30 p.m.

Next Meeting: