

Minutes

Health/Wellness Committee

November 28, 2018

3:00-4:00

Meeting called by Kim Morris

Attendees:

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|--------------|---------------------|
| Bev Armelino | Principal |
| Kim Morris | Nutrition/Cafeteria |
| Kelly Pagan | School Nurse |

Absent:

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|------------------|---------------------|
| Michael Gray | Physical Education |
| Tyler Paloutzian | Parent |
| Arisa Wongjodsri | School Psychologist |

Cafeteria Updates:

Kim Morris spoke of the different vegetables that came from the garden for the salad bar. Tomatoes, onion, bell pepper, zucchini, squash. Also of the fruit that was served to the students from the garden. Cantaloupe, watermelon, strawberries, honey dew. She also stated that she is working on preparations for review in February.

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:

No update

Nutrition/Health Education Update:

Kelly spoke of how she was putting health information into the newsletter for parents. She is going to update monthly. Kelly is also going to check with Jill Marie to find out how we go about bring Harvest of the month back. Bev mentioned tying into Project Share.

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.

Other:

Bev is emailing everyone a copy of Wellness Policy on Google Docs so that we can all put changes where we fell fit. The changes will be done in red so that we can discuss at next week's meeting.

Adjourned at 3:50 p.m.

Next Meeting:

December 5, 2018 3:00 p.m. Room 10

December 5 Meeting was cancelled