**District Wellness Committee**

**Wednesday February 15, 2011**

**3:30pm-4:30pm**

**\*\*Please print and bring your own copy of this agenda. \*\*Please remember to bring your own beverage.**

**Location: CHS Library**

1. Group photo!
2. 30 Day Wellness Challenge Feedback and Review

*UMS: Bulletin board (student and staff members doing healthy things) was fun. Really hard to start in January – vacation put a dent in enthusiasm. Did healthy snack and did tallies, winners of the week announced on the PA, increased participation. Decided to continue with a different focus each trimester.*

*MBS: Time of year was hard. Personal goals did not go well. One class took it on as a class challenge which went well.*

*PPS: Once a week, a second grade classroom came up with an idea for a healthy snack 1x per week that they prepared with the kitchen staff. Tallied and rated the healthy snack – “I liked it, I tasted it” etc. Grade 1 did the tallying and reported out, and the kindergarten kids did the announcements.*

*CMS: This was the second year for CMS and they have the natural avenue of teacher advisory to set goals and talk about them. There were weekly challenges, TAs posted goals outside the goal, did weekly tracking. Parents seemed involved.*

*Suggestion was to create a tiered approach where we are really clear about the outcome and expectation at each unit (k-2, 3-5, 6-8, 9-12). Be great to have a “kick off” at each school with a healthy snack provided by Food Service. Another idea was to share a healthy recipe every week during the 30 day challenge.*

*CHS waited for the change of semesters, and targeted 9th grade health classes. Consider ways to include more people in the future. Danielle will check in with Health Teacher for more feedback.*

1. E-mail Connie wellness highlights for your school (student and staff) to be shared with the school board.

*Send highlights ASAP but prior to May meeting.*

1. Food Service: **5 A Day the Color Way!**

* **SAVE THE WEEK: 2nd week in April 9th-13th** (UMS 16-20 SPIRIT WEEK) (VACATION 23-27)

***\*Wellness Leaders- communicate this to your administrators, schools and make sure it is on the school calendar.***

Monday- RED

Tuesday- YELLOW *Colors the same day of the week as last year.*

Wednesday- WHITE

Thursday- GREEN

Friday- PURPLE

* Food service menu will highlight the colors of the week at all schools
  + Free samples of all colorful fruits and veggies for everyone (*even those not taking the school lunch)*
  + Smoothie bar will visit each school once during the week -free samples of the winning smoothie (*in the future will spend a week at each school. Smoothies will be free to try).*
  + Recipe cards of the winning smoothies for all students/staff, including nutrition info (*need to have 2 weeks in advance, due March 23rd)*
  + Colorful give-aways at UMS, PPS and MBS
* RECIPE CHALLENGE: (ONE WINNING RECIPE FOR EACH SCHOOL) *Will invite a volunteer for each school to lead the smoothie challenge for each school. Seek parent volunteers and let them operate the recipe challenge.*
* No nuts
* Must highlight the color assigned to that school for the day
* Nutritious- low fat, low sugar, low salt, high vitamins and minerals
* Include fruits and vegetables as well as other nutritious foods!
* Affordable ingredients- commonly found in a grocery store
* **COMMUNITY/PARENT VOLUNTEERS NEEDED!**

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| Volunteer roles | **Monday 4/9**  **UMS**  **RED** | **Tuesday 4/10**  **MBS**  **YELLOW/ORANGE** | **Wednesday 4/11**  **CMS**  **WHITE** | **Thursday 4/12**  **PPS**  **GREEN** | **Friday 4/13**  **CHS**  **PURPLE** |
| **Organize recipe challenge** (flyers, communications, prizes, etc.)  **-RECIPES DUE 3/23**  **-WINNERS DECIDED 3/30** | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): |
| **Take pictures** | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): |
| **Help prepare and serve smoothies** | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): |

* Wellness Leaders: Staff involvement

1. District Run- Cheryl Aley – Postpone until 2012-2013 *Best time is May and we don’t have enough time this year to plan it.*
2. FINALWELLNESS COMMITTEE MEETING:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Date** | **Time** | **Location** | **Purpose** |
| **NEXT/FINAL** | May                   9 (Wednesday) | 3:30-4:30pm | CHS Library | * Review the year - Reflection * Reflection on the school board feedback * Set goals for 2012-2013 |

*Other: Mindfulness and stress reduction workshop coming, being paid for with grant money. Date/time TBA but tentative on March 28th. There is some additional funding so it might be able to be sustained if an administrator wants to build on this. Suggestion was made to open this special opportunity to the community and even to students.*