

Wellness Committee Minutes

3/14/19

In attendance: Katherine DeSalva – MS, Justin Tice – HS, Christa Christine – Food Service HS, Wayne Walp – Food Service HS, Aaron Boggs – St. Luke’s, Cheyenne DeRaymond – St. Luke’s, Jessica Holota – St. Luke’s, Makaela Letayf – HS Student, Cassie Due – HS Student, C. Schiffert – Asst. Superintendent

- Food Service Page of WCSD Website was reviewed. The following items were specifically discussed...
 - Wellness Program Guidelines
 - Policy #246
 - Policy Assessment
 - Nutrition Guidelines
 - Link to Summer Programs
 - Idea presented to add additional information to website as things arise such as 10,000 steps challenge and winners

- The following points were made with regard to this year’s 10,000 Steps Challenge...
 - Another successful year
 - Zephyr gear purchased and distributed to this year’s building winners
 - Great thanks to team for facilitating in our buildings
 - Great thanks to Dave Stauffer for facilitating digital lists and tracking

- The possibility of a Wellness Fair or other types of end of year activity was discussed based on the following points...
 - Initially thought that June 14th may be a good date
 - Weather has greatly impacted calendar
 - i. Teacher professional development time

ii. Student instructional time

- No final decisions on calendar have been made as of today, however we may be forced to forego the fair for this year
 - Makaela and Cassie expressed interest in providing wellness activities for students, or possibly for both staff and students. They also expressed interest in and of year student/faculty volleyball game, or similar type competition
 - Idea was floated that although difficult to plan for and put in at end of year with so many other activities, it may be worth further discussion with building principals to see if there is interest in providing wellness type fair for kids either as part of end of year field days, or during testing at the HS
- Open Discussion
 - Aaron Boogs suggested that if the Wellness Fair does not happen, he would be interested in providing CPR and First Aid training, specifically for coaches.
 - Aaron reminded us of the many opportunities we could explore with regard to classroom activities and instruction
 - Discussion was had with regard to setting up more of a community event, or staff/student competitions during the year
 - Ideas centered around something such as “Tail on the Trail”, “Girls on the Run”, etc.