



Wellness Committee Meeting Agenda  
May 12, 2020

**Attendance**

Gloria Stoverink  
Dr. Beth Emmendorfer  
Kayleen Shaw  
Kimberly Parks  
Jill Eldridge  
Karen McLellan  
Ali Featherston  
Ashley Raney  
Erica Robbins  
Ruth Mauk

**Review Changes to Wellness Policy**

**Discuss Student Wellness/School Environment**

- What needs do you see?
  - Expand Smoothie Club to the other elementary buildings.
  - Need to work on reducing the sugary treats given out or sold as incentives at the elementary buildings. Continue to educate principals on the Smart Snack rules.
  - Are there other options beside We Run for students that don't like to just run.
  - Boys Boot Camp at WL does incorporate more activities than just running. South offers Explore Fitness for boys and girls that have running on one day and then other activities on the other.
  - Look at yoga or other options for fitness offerings.
  - Offer after school fitness club at all elementary buildings and middle school.

Who funds these programs? PTO? Do we need to talk to principals about ways to support these consistently?

More education for our students about nutrition during lunch.

During the mornings when students are sitting in the gym before school, could we do some movement activities?

- Review current initiatives

Gloria reviewed what programs/services were in place during the 19-20 school year.

MS received a Walking Classroom grant and several different departments use this. It would be a great grant for other buildings to apply for because MS can't write another grant for another set.

### **Review Live Healthy Program**

- Speaker ideas

Women's health - bone health

Nutrition - all the different diets (keto), how to help navigate all the info to best make decisions for you. (Erica had a professor from SEMO ([Francis Tayie](#)) present to her class and offered to have him as a presenter.)

Continue to offer ½ in person and ½ webinars

- Challenge Ideas

"Steps" is the most popular.

Backyard Olympics type of event - JHS is holding one and staff get a lot of physical activity.

- What needs do you see?

Employees liked the additional options of online education and the newsletters to earn points. (We offered more variety of options this year.) But was it too easy?

Gloria will send out a survey to staff to get feedback.

### **Goals for 18-19 School Year**

- 2 for student wellness

- Explore more fitness opportunities for our students (after school or over lunch).
- Provide more nutrition education and fitness education during the morning times when students are sitting in the gym waiting or during lunch.

- 2 for Live Healthy Program

- Offer more onsite, free fitness classes
- Focus on mental health