



Wellness Committee Meeting Agenda
May 6, 2019

Introduction of Members-sign in sheet

Review Wellness Policy & Plan

- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other School-Based Activities

Update from Milk Mustache Dash 5K

- Raised over \$5,000 for power packs
- almost 250 runners
- Next year improvements
 - How to get more volunteers?
 - Less rules on earning Live Healthy points?
 - Community Couch to 5K
- Feedback from your building?
 - What went well?
- April 18, 2020 - tentative date

Review Live Healthy Program

- New programs
 - WOW6 challenge
 - All-levels Yoga
 - Couch to 5K challenge
 - Shape up My School
- More on-site exercise classes?
- Corporate gym membership?

- Live Active
 - New challenge ideas?
 - Improvements?
- Live Preventative
 - ideas for other points?
- Live Well
 - Ideas for Wellness talks?

Goals for 18-19 School Year

- 2 for student wellness
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- 2 for Live Healthy Program
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2019-2020 Wellness Meeting Dates

- September 16
- May 4