

Wellness Meeting Minutes

November 30th 2020

The meeting centered around promoting healthy eating and exercise.

We reviewed activities our district has accomplished this year such as:

Annual Healthiest State Walk in October

New playground games with 4-square and hopscotch were added

Grab and Go Breakfast and Mobile Cart Breakfast for Breakfast In the Classroom were added

The kitchen obtained a grant and purchased more fresh fruits & vegetables

Staff Weight Loss Challenge

Nutrition Nuggets monthly news letter continues for elementary

October Healthiest State Month was centered around a contest to guess what 5210 means and names put in a drawing for prizes if guessed correctly.

Posters on How Do Iowa Kids Stay Healthy that promotes 5210 was posted in every classroom.

Once a month, our 4th grade teacher has started inviting a guest to speak to her class on various health subjects via zoom.

A bulletin board was hung in the hallway with plans to hang a monthly theme related to health.

Encourage other teachers to use zoom similar to 4th grade.

An invitation to attend was posted on the school's Facebook page for parents.

Present:

Julie Runksmeier—Principal/Administration

Kelsey Johnson—Parent/Teacher

Royce Byrnes—P.E. teacher

Sue Boeckholt---School Nurse

Jo Oleson—Middle School Student

Olivia Price—Middle School Student

Unable to Attend:

Tammy Benavides—Head Cook

Sandy Tigges--Teacher

Beth Pedersen—Parent/Teacher

Amanda Goeche--Teacher