



### Wellness Committee Meeting Minutes from May 28<sup>th</sup> at 9:15am

- Meeting starting at 9:16 am in Room 238
- Updates on goals/suggestions for changes
  - MaryAnne will look into Girls on the Run Program-program was looked into-sent flyers home-going to discuss again for next year but earlier in the year-see if PTO may be able to help with some of the costs
  - Implement More Physically Active Games with minimal equipment unless we can get an equipment shed for recess/phys ed equipment-look at purchasing basketball hoops and volleyball nets
  - Healthier Fund Options (pretzels for PBIS)-done
  - Metz Nutrition-fruit/veggies, all snacks at lunch are smart snacks
  - Food for Fitness and Healthy Living at the HS –ongoing
  - Increase Proper Hygiene-especially in older grades (access to combs, deodorant, toothpaste)-Nurse and phys. Ed. Had talk with 6<sup>th</sup> grade-extend to 4<sup>th</sup> and 5<sup>th</sup>—extended talk to 5<sup>th</sup> grade-Nurse Brandy spoke to the girls and Shane McGrath to the boys about puberty-implemented a “caring corner” provides students with deodorant, shampoo, conditioner, toothpaste, toothbrush, etc. for free in a basket outside the Nurse’s office
  - Change filters and clean water filling stations, change air filters-need to improve for next year
  - Boosters-add healthy options to concession stands at games/events-speak to Boosters over the summer
- Meeting adjourned at 9:31am
- Next meeting: Fall 2025-Time and Date TBA

