

WELLNESS COMMITTEE

2014-15 Review

Committee Members: Jessica Pavlenko, Heidi Griffith, Liz Elzenpeter, Kayla Maher, Joel Gilmer, Denise Ryan, Alisa Louwagie, Mary Abramowski

- Continued Monday morning Walk-and-Talks for K-5 students.
- Confirmed parent and physician documentation for any students with need for dietary accommodations, per State of Minnesota requirements.
- Coordinated fall Weight Loss Challenge for staff. Eleven staff members participated.
- Organized healthy winter crockpot freezer night for staff.
- Designated American Heart Association as February school mission. Dedicated one week of physical-education classes to jump rope activities and exercises. Facilitated all-day jump rope event for K-8 students, resulting in continual jumping throughout one entire school day.
- Applied for and was awarded SHIP (Statewide Health Improvement Program) grant for purchase of three indoor recess carts. Carts include multiple games and activities to motivate students for movement and exercise during inside recess times.
- Supported and assisted Peacemakers committee with application for SHIP (Statewide Health Improvement Program) grant for Peaceful Playground.
- Used Wellness Committee Spring Fever donations to purchase additional footballs, soccer balls, and sidewalk chalk for recess activity.
- Hosted Minnesota Department of Education “Indoor Recess Best Practices Workshop” for Northwinds Elementary School and St. Francis Xavier School staff.
- Coordinated May Healthy Habits Challenge for staff. Twenty staff members participated.

