

WELLNESS COMMITTEE

2016-17 Review

Committee Members: **Joel Gilmer, Denise Ryan, Cheryl Wilke, Kelsey Engesser,
Alisa Louwagie, Mary Abramowski**

- Continued Monday morning Walk-and-Talks for K-5 students.
- Confirmed parent and physician documentation for students needing dietary accommodations, per State of Minnesota requirements.
- Added two active games to Indoor Recess Cart through funds from Spring Fever.
- Provided teacher in-service on Xbox and active game options for inside recess and classroom activity breaks. Gave information to teachers on games available through our Peaceful Playground.
- Surveyed staff and then coordinated 6 week Healthy Habits Challenge for interested staff members. 18 people participated.
- Reviewed and discussed additional requirements for local wellness policies, to ensure we are in compliance with updated legislation. Added school parent to our committee for 2017-18 school year. Will offer involvement to any interested 8th graders next fall.
- Coordinated CPR/AED class for middle school students and all staff.
- Facilitated two healthy salad bar potluck luncheons for staff.