

WELLNESS COMMITTEE

2013-14 Review

Committee Members: Jessica Pavlenko, Cheryl Wilke, Colleen Barth, Heidi Griffith, Peggy Bobick, Denise Ryan, Mary Abramowski, Amy Strommen, Alisa Louwagie

- Continued Monday morning Walk-and-Talks for students and staff.
- Confirmed that any students with need for dietary accommodations had appropriate parent and physician documentation, as per State of Minnesota requirements.
- Supported K-8 committees for school garden (including science curriculum and school garden committees). Each grade level will maintain one garden spot, and garden produce will initially be donated to the Buffalo food shelf. Ultimately, goal will also include providing healthy produce for school lunchroom meals.
- Managed winter and spring staff Weight Loss Challenge contests. Facilitated staff aerobics classes and coordinated staff Walk-and-Talks.
- Posted weekly wellness tips in staff lunchroom.
- Organized staff freezer meals night.
- Recognized 2014 Olympics with all-school assembly, and incorporation of Olympic-themed activities through physical education classes.
- Used Wellness Committee Spring Fever donations to purchase footballs, hula hoops, and sidewalk chalk for student exercise during recess.

