

Wellness meeting 4/21/2021

In attendance: Marci Faber, Jake Johnston, Tracy Kauppi, Veena Cole, Amy Sharrar, Shelby Weber, Jordan Gohs, Michelle Maxon, Grace Refsell and Dan Boyer.

1. Outdoor yoga class in May for community, staff and students w/Ginny Gillespie-Tuesdays @6:30pm.
2. Water challenge for staff 64oz a day.
3. We talked about the tribal grant that Veena sent in for us to start a mileage/walking club for students and staff and using QR code cards throughout the elementary building. This is something we plan to incorporate and will discuss in length when we find out about the grant..
4. All BHC (Building Healthy Communities) grant tasks have been completed except sending 3 pictures that we will send in May including a yoga pic.
5. BHC grants for the 2021-2022 school year should open anytime. We will be working on another elementary grant along with adding the secondary.
6. We went over the results of the staff survey. This gave us some great insight and it will help us focus in on some areas next school year. Example: More mindful activities.
7. We are going to start an Aggie Farm Stand! Shelby Weber is checking with her Father in law for donation of the wood, Jake Johnston plans to build it! We want this to be a free place for community members to leave their abundance of vegetables from their gardens or eggs from their chickens for people to take for free. This will be great for people who do not have access to these fresh items to enjoy with their families.
8. We decided we wanted to do something once a month during the summer for anyone to come and join us! A bike ride, hike and walk will take place-details will be sent out as we get closer.
9. We discussed the idea of a healthy cooking class from home by Veena and Rod Cole for next year. Veena will be working on possible recipe ideas so we can send out a survey for everyone to pick which one they would like to try. Also, we might work on some other staff members to try this if interested.
10. Marci and Jordan Gohs will be working on a yearly calendar of events and where our focus will be each month so we can build from that.
11. During testing elem classes decided to bring their students down to get a free breakfast so everyone has access to a good meal before testing. This has been fantastic and we are looking to continue this next year. We might even be able to do something like this in the secondary as well? We will discuss further.
12. We hope in the future to grow our team with more staff, community members and students.
13. Next meeting May 11, 2021 @ 6:00pm, right before our yoga workout.

Events-

May event-Community outdoor yoga-All Tuesdays @ 6:30pm

May staff challenge-64oz water a day

June 15th-Wellness Bike the rail trail @ 6:30pm

July 13th-Wellness Hike @ Deerfield nature center 6:30pm

August 17th-Wellness Fun Walk @ 6:30pm Millpond park and end at Freddie's

September-PTA community color run

Future ideas:

A Veena and Rod Cole healthy cooking class

A farm stand for community sharing vegetables from their gardens

Nutrition education in Elem classroom