

Wellness meeting 9/30/2021

In attendance: Marci Faber, Shelby Weber, Veena Cole, Amy Sharrar, Brooke Bowlby, Nelson La, Jason Johnston and Michelle Maxon

1. Veena and Katie put in a grant for a walking sidewalk for the elementary playground
2. BHC grants for the 2021-2022 school year were completed this summer. We will find out if we receive these on November 1st.
3. We will be working on staining the farm stand and having a sign made this winter.
4. We decided to start off the year with a yoga/meditation video. This will start November 1st-December 10th, with a 30 day challenge, 5 days a week to complete for random draw winners.
5. We discussed hosting a popcorn day to raise money for the wellness committee.
6. We are planning a scavenger hunt in the spring.
7. We are planning to provide healthy snacks to all staff in lounges once a month.
8. We discussed a healthy recipe swap between staff.
9. Will plan our next meeting in November or December to decide on January & February ideas and touch base on what everyone is working on.

Events-

November 1-December 10-Yoga/meditation 30 day challenge

Future ideas:

Tae Kwon Do classes taught by Nelson La

Wellness committee hosting a popcorn day

Resistance band workouts

Cooking demonstrations

TJ Maxx has healthy snack/drink options put together baskets for door prizes for wellness events

Committee tasks:

Veena-Look into food prep options.

Jake-Look into prizes-we have \$500 at this time, if we receive the BHC grant we will have \$2,500 more.

Shelby & Michelle-Plan scavenger hunt in the spring.

Marci-Post, email and share yoga/meditation videos for November. Look into sharing recipe format (google), popcorn day and sheet for monthly healthy snacks in lounges.

Dan-Complete HSAT assessment.