

Wellness Committee Meeting Minutes

February 9, 2023

Members Present: Nicky Kemp, Nicole Buschmann, Erikka Brown, Sara Speight, Kelli Swearingen, Amy Reinhard

Nutrition Updates (presented by Sara Speight for Rachael Barnhart)

- o The High School and Middle School have students who are not taking complete reimbursable trays. These students should either be directed back to fulfill the complete meal requirements or be charged for individual items.
- o Rachel has spoken to Coach O'Neal and Rachel Siegel about the upcoming baseball season to get them on board with using CACFP for afterschool meals.
- o Talk to Coach Randolph about the CACFP meal for track?? **(mentioned at the meeting)**
- o Next month will be National School Breakfast Week (Dig into School Breakfast) March 6 - 10, 2023. There will be activities for the students, but Rachael is unsure of what they will be at this time.

Physical Education (presented by Kelli Swearingen):

- Physical fitness testing - working through testing at each building
- Disc golf at the Middle School: Need to work on the course with a map and get them installed.

Health Services (presented by Sara Speight):

- February Heart Challenge is underway - have 38 participants currently and will look at prizes for them
- March challenge - thoughts for challenge as presented. Amy Reinhard will ask Emerson to make a Jeopardy game challenge
- Immunization clinic for next year's 8th graders and 11th graders will be March 31, 2023. We have sent out letters with the paperwork to those parents. We have also sent out paperwork to those who are already 16 that can go ahead and get the meningitis immunization
- Puberty class is scheduled for April 14 & 21
- Middle School (for those in PE/health) will be learning about CPR and the basics of CPR (April 20 & 21)
- Sara Speight has spoken to Heather will the University Extension about coming to the district for additional entities to do staff training in areas such as cooking class, gardening, etc.

Other Topics Discussed:

- Purchase orders - candy and snacks. Providing candy is against the wellness policy. 5 free days each year in other districts for holiday parties.
- Ideas for non-candy rewards: Pencils, erasers, scented stickers, waterproof stickers, snack size peanut M & Ms? Principal for the day?

Next Meeting: May 4 at 3 p.m. at Sara Speight's office at NCMS