

Wellness Committee Meeting Minutes

November 9, 2022

Members Present: Nicky Kemp, Nicole Buschmann, Rachael Barnhart, Erikka Brown, Angela Wimmer, Sara Speight, Josh Lauer, Deputy Bradley, Kelli Swearingen

Nutrition Updates (presented by Rachael Barnhart)

- o Kitchens are going well
- o Staff specials are going well
- o Fruit and vegetables are still an issue at the high school. However, doesn't appear that audit will happen this school year.
- o Negative balance list (those students who are in the negative for lunch). How to give an alternative lunch at the high school (as well as the middle school).
Suggestions:
 - PBJ at their locker. How do you keep ants and rodents from infestation of the locker?

Physical Education (presented by Kelli Swearingen):

- 95% improvement on Pacer
- Disc golf at the Middle School: Need to work on the course with a map and get them installed.
- Middle School – girls basketball and wrestling eat the after school snack before practice

Health Services (presented by Sara Speight):

- Flu shots administered for both staff and students in the month of October
- Health screenings are completed for grades 1, 3, 5, and 7th
- Mobile Dental was at the school October 11 (only one day due to lack of participation)
- Epilepsy training – how to implement and how to keep record of training being completed
- Mannequins – new mannequins for CPR training
- Portable AEDs – for both the softball/baseball field as well as football/track

Other Topics Discussed:

How to improve the wellness throughout the district:

- Salad in a jar party. Was done at another district and was enough salad to eat for 3 days
- Step Challenge. Have it now – Christmas break. T-shirt if you win and make it a Thunderbird t-shirt so they can wear on jean Thunderbird Fridays. Sara Speight will work on this to get out to staff.

Next Meeting: February 8, 2023 at NCHS media center.