

Wellness Committee Meeting Minutes
11-20-19, 1:00PM

1. Present at the Meeting
 - Mary Palen
 - Dave McCracken
 - Adam McCusker
 - Susan Tremonte
 - Eric Fulgham

2. Welcome & Introduction

Meeting Schedule for the year

Location: Main Office

12/17 @ 1PM

1/22 @ 1PM

2/11 @ 1PM

3/18 @ 1pm

4/14 @ 1pm

5/6 @ 1pm

3. Reviewed previous meeting highlights
 - Focus for the year - Brainstorming ideas
 - a. Cross Collaborative event in May
 - b. Project Adventure experience
 - c. Series of student challenges - designate May as wellness month
 - d. Vaping - educate students
 - e. Generate wellness newsletter/PSA to be sent out monthly
 - i. Each school would send a quick list of what they did
 - ii. Work on google a google site for committee to be posted on website
 - iii. Upload monthly activity log from Shape America website
 - f. Staff Wellness - set up monthly social activities i.e. hike
4. Reviewed breakfast items nutritionals and sugar grams
 - a. Breakfast log
 - b. Incentive chart

