

Health Team Meeting Minutes: 10/10/24

## **Nursing**

Life Vac for Choking. Equipment in the nurse's office in elementary and high school, cafeteria (central location) and Mrs. Farnsworth MD classroom. Cafeteria and MD classroom trained on procedure for choking.

Continue with Wellness Calendars for both elementary and high school staff. HS counselors and Emily/elementary principal will continue offering incentives for staff completing calendar activities.

Continue with health tips and wellness emails monthly. Will add humorous picture email monthly to encourage laughter to reduce stress. Positive feedback from staff regarding health tips.

3-2-1 newsletter from James Clear for staff mental health. <https://jamesclear.com/3-2-1/october-10-2024>

Staff Wellness: Flu and COVID clinic is scheduled waiver day 10/14.

## **Physical Education**

Place physical fitness bulleting boards in strategic areas to encourage activity. PE standards are posted for Jr./Sr. HS students.

To increase activity, add a stretch during morning announcements for elementary students on Mondays. Happy dance Friday will continue. Kathy/Coach agrees with the announcements.

Planet Fitness Membership is available for reimbursement if staff completes 6 times/month.

## **Nutrition**

Discussed promoting "Eat your Greens" campaign on St. Patricks' Day. Kerry reported already in place. Wellness Wednesdays will continue.

The menu expanded with Protein Packs, Yogurt Parfait, Pizza rotation offered and successful with students.

Kerry reported student purchasing is up 50-60 more meals daily than last year. Encouraging expanding menu with soup option for adult ala carte.

Nutritional Education already in place for elementary students. Calvin the Calf for fruits/vegetables will be coming to engage with students this year.