

Climax Springs Wellness Committee

Meeting Minutes

October 23, 2017

I. Call to order

Darlene called to order the regular meeting of the Wellness Committee at 1:30 on October 23, 2017 at Admin. Conference room.

II. Roll call

Darlene conducted a roll call. The following persons were present: Darlene Baumhoff, Derek Carnahan, Penny Phillips, Janie Wolfe, Nathan Izatt, Perry Rice, Ashley Gardner and Kyla Roberts

III. Approval of minutes from last meeting

Darlene read the minutes from the last meeting. The minutes were approved as read.

IV. Updates & New Business

- a. Allergy List was given to teachers and kitchen
- b. Staff Epi Pen Training completed
- a. Buddy Pack (K-6 and 15 HS students), SMART Snacks (Elementary) and Safe Food Handling programs are in progress.
- b. University Extension Office is providing health classes to elementary students every other Friday. The students planted a garden last spring.
- c. Junior Epi pens will expire in October, Darlene is working with Epi for Schools to free Epi Pens-waiting on a doctors referral form.
- d. Athletic Director reported that Weight Lifting is being offered for the first time this year. This is second year for Cross Country.
- e. Staff Wellness -Fitbit program is underway with 15-20 staff members. Plans for Biggest Loser Weight Loss competition in the spring 2018. Flu Shots were given end of September.
- f. Health Fair will be complete in November. Nov. 1st the E Dot Vision test and eye examine for prek-2nd grade will be given. November 2nd Dentist will finish up with follow up students. Scoliosis checks will be Thursday 26th for 5th and 8th grades. Handwashing training will be completed by October 31st.

- g. Second Fluoride treatments will be scheduled in the spring (2018).
- h. Puberty presentations will be given again in the spring.
- i. Sports Physicals were offered at Open House by Deborah King
- j. Darlene is working with Health Department to give 8th/12 grade shots in spring here at school.
- k. Darlene shared the Program Evaluation report for the October board meeting.

V. Adjournment

Darlene adjourned the meeting at 2:10.

Minutes submitted by: Kyla Roberts

Minutes approved by: Penny Phillips