

## Wellness Meeting Notes:

1. The team decided not to have a vending machine with "healthy drinks" . The vending machines in HS are shut off during the school day. no changes
2. NutriSlice: App is available to access the daily menu for specific nutrition information
3. The wellness calendar will be continued by Kennedy in the Jr/HS for staff incentive. Emily will providing it again in December for the elementary staff.
4. Taste Testing for staff: Yogurt Bar, Smoothie Bar or Build your own Breakfast Taco will be surveyed for staff opinion as a possibility for inservice days. A Google survey will be conducted for staff.
5. Indoor walking measurements: Indian Trail or Warrior Trail? Label the measurements in the hallway to track indoor walking. Eric's email was sent to Kim to have measurements. Kim will work on labeling /decorating the designated points in the hallway.
6. Wellness tips will be provided from Kathy in morning announcements on 1st Friday of the month, and an email with the same information will be sent so all the staff will have access to the information. Ashley will provide information to Kathy.
7. Stress Management: Viki was tremendous and we are going to encourage more staff to participate for her next visit.

Next meeting at the parent teacher conference in Feb.

We will have 2 yearly meetings during parent teacher conferences so everyone can



participate. Sorry this one was short notice.

Thank you to everyone that attended. We appreciate your time. This is a state mandated team that is required for reimbursement purposes. Have a great evening.