

# HEALTH TEAM MEETING

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**Location:** Elementary Library

**Date:** 11/15/23

**Time:** 8:30am

**Facilitator:** Heidi McIntosh

Attendees:

**1. Call to order**

**2. Roll call**

**3. Approval of minutes from last meeting**

**4. Wellness Ideas**

**Hydration Promotion**

- a. Healthy Beverage Dispenser

**Healthy Food Servings**

- b. Taste Testing:
  - Yogurt Bar
  - Smoothie Bar
  - Build your own breakfast taco
- c. Nurses to provide weekly health/nutrition tip via email (setup scheduled sends).

**Activity/ PE Challenge**

- d. Track Fitness- mark distances in hallways to keep track of steps/miles individually

**Health and Wellness**

- e. Nurses to provide weekly health/nutrition tip via email. (Setup scheduled send)
- f. Stress Management- Schedule Viki the school's Mental Health Professional

## 5. Adjournment

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