

## PTA Health and Wellness Committee Meeting, Thursday, Oct 8th, 2015

Attending: Maya, Nicole, Diana, Kerry, April, Kimberly, Erin

Accomplishments last year:

- Replaced Oct. Count Day sweet treat with glow in the dark bracelets
- Hosted School meal nutrition session
- Revised breakfast menu
- Every teacher received Brain Break Fit Stick cups to use in classroom
- Shari Marcely (PE Teacher) incorporated skating and swimming field trips (grant)
- Initiated cafeteria composting
- Secured \$2500 LiveWell Missions grant, provided fresh fruit, veggies, smoothies at 4 events
- Received Action for Healthy Kids (AHK) grant, \$1000 to improve 2015-16 recess time
- Encouraged healthy classroom snacks and celebration (holiday, birthday, etc.) food
- Provided hand sanitizer (recess to cafeteria transitions) and water cups in cafeteria

**Next Meetings:**           **2nd Thursdays: Nov 12, Dec 10, 4:00, room 122, kid friendly**  
**Recruitment (staff and families)**

**2015-16 Budget:       \$1500**

**What has happened so far this year:**

- October Count Day – all kids received applesauce packets
- School Meal Nutrition Session: Wed., Oct 7<sup>th</sup>, 8:15 in the cafeteria, Sandy Grady
- Fit Sticks to all teachers
- Grow Tower to 1<sup>st</sup> grade team

**Today's Business:**

1. Hand Sanitizer before eating lunch: *Approved. Nicole will purchase, start next week*
2. AHK Grant update: recruit sev. people for committee, AHK resources
3. Green Team/Composting – Kimberly (Green Up Your Schools grant: \$2000 over 3 yrs.) *Kimberly is researching trays (if biodegradable, other options, cost). Assembly will happen soon. We are considering ways to increase recycling in classrooms (types, color of trash vs. recycle can, etc). Green Team trash, compost, recycling weighing happened.*
4. Recess Volunteers- recruitment. *Nicole working on*
5. Classroom food (Halloween). *Sara H. promoted healthy food ideas to room parents.*
6. Health and Wellness Parent/Family Education – interest?
7. Spring Bike Event: interest, ideas? – encourage riding, safety  
(Shawn – resources: Children's Hospital, Fire Dept., Police – obstacle course)
8. Parenting Safe Children (sexual abuse prevention workshop) families? staff? Interest?  
*Diana is willing to work on this with another person. Next step is to ask PTA if they will provide some funding (2 yrs. ago, \$1000 was allocated. Possible Spring date?*
9. *April is researching anti-trafficking training for parents. She will provide info. next mtg.*
10. *Priorities: Providing healthy food for school events (grant/sponsorship ideas?)  
Food tasting in cafeteria, to increase student participation (eating it). Erin & April*