

## PTA Health and Wellness Committee Meeting, Thursday, Jan 14th, 2015

Attending: Maya, Karry, Diana, April, Perry, Kimberly Shannon

Next Meetings: 2nd Thursdays, 4:00pm : Feb 11, Mar 10, April 14, May 12

Please invite staff and families!

2015-16 Budget: \$1500

- 1. Parenting Safe Children** (sexual abuse prevention workshop) **Sat, April 9, 1-5pm**  
\$1000 from PTA, \$25 per person (PTA paying for half), registration open – in office, families and staff encouraged to attend  
After school program providing child programming 3-12 yrs of age  
Need food donations for workshop and kids, and help with marketing/recruitment.  
*Publicize in Th email every 2 weeks, Mar 1 open to larger community*
- 2. Fresh Fruit and Veggie Grant:** for spring events (carnival, field day, and celebration of learning.) We haven't been able to locate grant from last year. Sugar in drinks display bd? Blenders for smoothies?  
*Karry pursuing, Name: LiveWell Mission Grant*  
*Sugar in drinks pres. Bd. – kids in after school program could make it? Nicole will ask*
- 3. Nurse/Medical supplies:** the school can get supplies at lowest cost. Tiffany doesn't know when she will run out (band aids, disposable covers for looking in ears), \$100??  
*\$100 approved, Shannon will give check to Jamie*
- 4. Regis Volunteers** at recess, events?  
Erin is working on this
- 5. Mindfulness in Classrooms:** Anne's request for chimes/bells  
*Nicole will ask Ann how many are needed*
- 6. Green Team/Composting** –considering ways to increase recycling in classrooms (types, color of trash vs. recycle can, etc).  
*We need to find someone to manage this project. Will ask at PTA mtg next week*  
*The cost is approx. \$800 a yr. to keep the composting program going. Next yr. unsure*
- 7. AHK Grant update/Recess Volunteers:** recruit sev. people for committee, AHK resources
- 8. Health and Wellness Parent/Family Education** – interest?  
*Plan for 2016-17, perhaps a fall event*
- 9. Bike Event:** interest, ideas? – encourage riding, safety  
(Shawn – resources: Children's Hospital, Fire Dept., Police – obstacle course)
- 10. Anti-trafficking training for parents.** April is researching Love 146, possible training next fall. Resources, recognizing sign of trafficking Parents? Teachers? Both?  
*We are tabling this, planning for 2016-17*
- 11. Lunch Food tasting in cafeteria.** *Nicole will email Sandy Grady to ask about doing this*  
*Maya, Kimberly, and Karry are interested in volunteering.*