

Wellness Committee – October 3, 2023

The Wellness Committee met on October 3, 2023. At the meeting the following topics were discussed:

- *The Food Service Director for Whitsons discussed the beginning of the year in all the buildings. Marilyn shared that the first month has gone well and she will be setting up meetings in each school to look at creating a featured menu option at each school. She is working on promotions to incorporate in the monthly menus as well as offering tastings to expose students to new food items.*
- *In the Middle School the Intervention Service Provider will be beginning the Too Good for Drugs program in conjunction with health classes for 7th grade students. Intramurals have begun and they have seen a good turn-out for the program.*
- *At the high school, blood drives will be scheduled as well as begin to plan for the Health Fair. Mrs. Petricek will be spearheading the development of the Health Fair, working in conjunction with the staff and community.*
- *At the elementary level, PE classes are working on nutrition as well as lessons on overall wellness. Ostrander Elementary School had their walk to school day on, October 4, 2023. All three elementary schools will be looking to have various events throughout the year that focus on wellness: for example, the Jump Rope for Heart, unplugged events, and other building specific events. Finally, all the buildings have begun or will be starting shortly the Too Good for Drugs program taught by our school social workers as well as the DARE programs for the 5th grade students.*