

## ***Wellness Committee – October 5, 2021***

*The Wellness Committee met on October 5, 2021. At the meeting the following topics were discussed:*

- *Whitsons Food Service Director, Marilyn Digregorio discussed the beginning of the year in all the buildings. Food service has seen an increase for breakfast and lunch in all buildings. Marilyn is constantly looking at the menu to see ways she can change the menu and create new offerings. She is looking at “National” days, such as “national taco day” which she did in all schools on October 5, 2021. If possible, Marilyn is creating menu offerings around that item. As the year progresses, she will be looking at other promotions to incorporate on the menus. Additionally, Marilyn will be reaching out to the building principals to try and set up meetings with some students to see if there are other meal options, they may be able to offer.*
- *In the Middle School the Intervention Service Provider will be beginning the Too Good for Drugs program in conjunction with health classes for 7<sup>th</sup> grade students. Intramurals have begun and they have seen a good turn-out for the program and had over 200 students try-out for modified sports. Additionally, as part of a newsletter at the middle school a wellness corner is going to be part of future newsletters.*
- *At the High school the Intervention Service Provider will be starting workshops for students during lunch periods with a focus on mental health and anxiety. Additionally, they are looking to schedule blood drives throughout the school year.*
- *At Plattekill they are focusing on wellness and movement. They are looking to create some fun activities utilizing the new basketball court in the back of the school. On October 5<sup>th</sup> they had a Fire Safety and Wellness Fair. They had the local fire department; karate studio and others participate in the event. 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.*