

Wellness Committee – April 9, 2024

The Wellness Committee met on April 9, 2024. At the meeting the following was discussed:

- *The District continues to see increased participation in the food service program at all buildings.*
- *Smoothies were tested at the high school and were popular so they will be added to the breakfast menu.*
- *The student committees in all buildings created a lunch menu option which was featured on building menus. Marilyn, Food Service Director, is looking to set up meetings with the building committees in the near future to look at potential menu options for the future.*
- *The High School had a successful blood drive and is looking to schedule another one before the end of the school year. The health fair will be rescheduled due to minimal vendor availability.*
- *Fitness testing is happening in PE at the middle school and is continuing to use the announcements to discuss wellness.*
- *At the elementary schools they focused on Heart Healthy month in February. In March, all the schools looked to create fun activity days with a focus on movement and wellness (i.e. unplug days). Ostrander Elementary had a Jump for Health day on March 13th that was very well attended. Field Days will be held in June. Finally, a tasting will take place, coinciding with Earth Day where students can test spinach, giving students exposure to new foods.*

The next committee meeting is scheduled for June 4, 2024, at 3:30 p.m. in high school room 102.