

Warren Local School Wellness Committee Meeting School Year 2016-2017

Good afternoon,

Below is a summary of our Wellness Meeting held on 10-13-16.

1. We decided to plan another health fair for August 2017. Missy will contact the administration office about scheduling this in the PD days prior to school beginning.
2. We discussed ways to increase employee participation in our events. For now we will simplify. Plan is to hold 3 challenges for the rest of the school year. November/December - water drinking challenge, January-March Fruits/Vegetable challenge, March-May- walking/physical activity challenge. Prize for each challenge will be the "Wellness Warrior" parking spot and then entry into drawings at the end of the year for a special door prize.
3. We would like to move forward on getting the kits for the water fountains that allow staff and students to fill up their water bottles. These kits also filter the water. We have two at WMS that are going over well. Missy is to contact Ritchie to see if they are compatible with the fountains at the other buildings.
4. Darren showed the group a Wellness Newsletter that has links to many helpful health related sites. Darren would create the template for this newsletter. Missy and Darren met on 10-20-16 again about this. Darren will be sending the newsletter to Missy who will send it to the committee to review. Once approved we will send out to the staff.
5. We discussed having an evening speaker on clean eating that also does a cooking demonstration. Lynn L has a speaker who comes to her classroom that she will contact.

Thank you again for everything that you do! If you have ideas, questions, or concerns, please send them to me.

Next meeting will be scheduled during 2017-2018 school year.

Missy K

Members:

Missy Kemper

Barb Cozzens

Darren Swartz

Debra Proctor

Jan Eichinger

Kara Pinkerton

Lori Lynn

Melcie Wells

Melissa Childress

Ashleigh Tornes

Nerissa Hall

Tracey Huck

Trina Yost

Kim Yabs

Lynn Laing

Christine Smith

Jayne Call

Any community member that would like to participate can contact
Melcie Wells 740-678-2366