

September 19, 2017
Wellness Committee

Present:

Bec Schaeffer

Brent Borzak

AJ Burke

Karolyn Vavra

Michele Dominic

Approximately 10 students are working out in the am during HR for workouts and at least a dozen more for Thursday after school activity work outs. Good mix of male and female students are working out. Sign up sheets for Thursday after school work outs is located outside the entrance to the fitness center.

Upper classmen are asking to workout during their lunch period. This is possible on odd days, but they will need to check with Ms. Vavra before coming to the gym.

Currently meeting Wellness goals, updates are posted on website. Wellness will encourage tech areas to get up and move at least once during tech time and go outside for a quick 2-3x week.

Survey Monkey for parents is completed. Fifty responses obtained, results will be presented during open house on Oct 18th.