

April 30, 2019
Wellness Committee

Present:

AJ Burke
Autumn Frey
Bec Schaeffer
Michele Dominic
Brent Borzak
David Reinbold
Nate Rinda

Absent:

Dylan Hoffman
Steph Barto

Activities completed this year:

Salad and sandwich bar now offered in the cafeteria. Diet ice tea is now eliminated from the menu. Naked juices and Lipton Green and Matcha teas will be offered next year. Will consider Kumbucha for next year.

CCTI had a successful year with the walk-a-thon, jump-rope-a-thon, bowling and 5K. Student of the marking period receives a healthy breakfast. CA is now providing healthy snacks for students and staff including oatmeal cookies, nutrition bars and fruit.

Culinary Arts and Cosmo students are certified in CPR/First Aide and staff will be certified at the end of the year.

Water cups and water fountains are available in each tech area.

The fitness center remains open to student's afterschool on Monday and Thursday and for staff after working hours.

Seated Tech Areas are encouraged to increase physical activity by going outside to walk for ten minutes weather permitting. Call the office prior to walking. The gym is also open for student use during school hours. Call Mr. Hoffman for availability.

Will research introducing students and staff to Yoga, Zumba and other classes each marking period next year.

The student store offers water, diet soda, bananas and V8 juice.

Healthier options will be offered to students next year for CTE week. We are considering free salad/sandwich bar for lunch.

Next year, students will be offered a punch card to receive a free salad. Students will receive a free salad after every 5th punch.

Advisors will obtain approval from administration before selling food or snacks in the cafeteria as fund raisers.

Next wellness meeting will be May 7th. Will further discuss how to set up physical and stress reduction activities for each marking period next year.