

Wellness Committee Meeting
December 20, 2019

Present:

Rebecca Schaeffer

AJ Burke

Dylan Hoffman

Michele Dominic

David Reinbold

Brent Borzak

Steph Barto

Christine Travato

Goals from May 2019 meeting met. Will follow up with Naked Juices. Kombucha is a big hit among the staff. Yoga studio is closed unable to offer yoga.

Rebecca Schaeffer contacted Danielle Lindenmoyer to do an exercise this year after a faculty meeting. Will pilot with staff before extending to students on Monday or Thursday after school help.

Will contact Purple and Green Juice Bar to bring samples to a faculty meeting. Will consider asking Maya to set up a table in the cafeteria to promote healthy snacks and offer samples. Christine will contact Maya after winter break to be a guest speaker in health class.

Will explore a spring walk-a-thon.