

Wellness Committee Meeting 4/27/2021

Members Present

- Brent Borzak
- AJ Burke
- Dylan Hofmann
- Maya Kowalczyk
- Jalissa Kuehner
- Jamilynn McFarland
- David Reinbold
- Rebecca Schaeffer
- Ken Walters

Points of Discussion

- Fitness center is reopening to faculty and staff
- Purchasing of new equipment for the fitness center
- Salad Bar: Plans for 2021-2022 School Year (Offering twice a week)
- Emphasis on offering more structured meals Tuesday-Friday
- Eliminating Junk Food off of "sideline" has been a success
- Looking to add more grains/pastas to the sideline instead of burgers, etc.
- Many technical areas have been taking advantage of time to exercise with students i.e.: walk breaks
- Offering "exercise breaks" during academics next year as well due to the 80+ minute class periods
- Yoga is being offered once a week, on Wednesdays from 2:45-3:45PM
- 5K, Walk-A-Thon, Hoops for Hearts - Possibility of organizing that again in the Fall
- Positive reinforcement to advocate for exercising outside of school
- Allowing students to visit fitness center during their technical area times (primarily during the winter months).
- Offering nutritious foods at the school store
- Avoid rewarding positive behavior with junk food but instead incorporate physical activity as a reward
- HPE hiking field trip as a form of positive reinforcement for distinguished performance in HPE
- Offering healthy smoothies at the school store
- Hold contests to inspire students to be more active
- Possibly have more field activities next school year