

**Wellness Committee
5/17/21**

- - **Points of Discussion**
 - **Fitness Center - Reopening to Staff @ 2:45**
 - **Equipment - New Bench Press/Incline/Decline**
 - **Cafeteria: Eliminating Junk food off of Sideline/Increase Grains Offered**
 - **Expanding Walk Breaks to Academic Classes also**
 - **Yoga - Offered Wednesday's after school - Successful so far/Plan to continue for next year/Yoga Club including students?**
 - **5k/Hoops for Hearts: 5K - Setting it up for the Fall/Combine DECA/HOSA/& SKILLS to sponsor the 5K. Partnership with KME.**
 - **Walkathon/Blood Drive - Looking to continue with and expand activities.**
 - **Positive Reinforcement: Small Committee to discuss ways to document and reward students for exercising outside of school. Dylan Hofmann & Maya Kowalczyk.**
 - **Foods offered at school store: Smoothies - Must speak with Chef AJ.**
 - **Healthy Rewards!!**
 - **Reward students with physical activity: Kickball games/Eating outside?
Implementing for next spring?**
 - **HPE Field Trip for Top Performers**
 - **Reinstate field day at the end of year**