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
    Kowalcyk.
  - 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