

Wellness Committee Meeting 5/10/22

Members Present

- Michelle Allen
- Brent Borzak
- Ken Walters
- Bec Schaeffer
- Autumn Frey
- Gene Colosimo
- Sandra Kohutka
- Jamilynn McFarland- Johannsen
- Maya Kowalcyk
- Brandi Schmoyer

Members Absent

- Chef AJ Burke
- Jalissa Kuehner

Meeting called to order by Mrs. Allen at 2:15 p.m.

Minutes from August 25, 2021, were reviewed. Motion to approve the minutes was made by Maya Kowalcyk and JamiLynn McFarland-Johannsen. All members present were in favor.

Previous Points of Discussion

- Fresh air breaks will be implemented in both Technical Areas and Academic Classes. **MET**
- There will be Open Gym for Tech areas to utilize on B days. This will be supervised by the Gym Instructor. **MET**
- Fundraisers will be held this school year. There will be no food related fundraisers. **MET**
- SkillsUSA will hold a 5k this year. Date to be determined. **NOT MET**
- The School Store (The Hive) will be open every day during the Academic lunch. It will also be open to the public. **MET**
- Smoothies will not be offered at this time. *Healthy smoothies were implemented later in the year.*
- Planning is in place to have healthier snacks in the school store. **MET**
- Having Tech Areas visit the school store for a break in the day is an option. **NOT MET – this was decided to take place during lunch periods only.**
- Yoga is going to be offered to Students and Staff on Thursdays. Permission slips may be required. Checking with Mrs. Schaeffer. **NOT MET**

NEW Points of Discussion

- Fresh air breaks will continue to take place for both physical and mental well-being. Timing was discussed to be up to 30 minutes for breaks.
- Open Gym will continue to take place. Technical Areas are utilizing the gym to take a break from the full-day schedule. It works especially well for days where there is poor weather. Staff is also taking advantage of the gym afterschool. Fitness items are available to be signed out by the technical areas for use when they go outside for a break. Mrs. Schmoyer stated that sometimes the requests for fitness items interrupts her classes, therefore, a new system will need to be in place in the future.
- Field Day – Mrs. Schmoyer spoke at lunches to discuss field day and show the map for the location of the events. There are limited slots available to students for each event. Sign-ups will be held via Google Classrooms starting with the Senior Class. Food trucks are still in the works for the event.

- There were only a few Fundraisers held the 21/22 school year. For the 22/23 school year, staff hopes to implement more fundraisers that follow the guidelines of the health/wellness policy and the fundraisers should be monitored.
- SkillsUSA was unable to hold a 5k in 21/22. It is noted that one will take place for 22/23, possibly in the spring.
- School store is open and fully functional. Healthy smoothies are being served. Lower sugar options were discussed. Organic ice pops are also available.
- Yoga – only one class held for 21/22. There was too much inconsistency to hold a regular class.
- 22/23 after school activities – Looking to hold afterschool help for academics and technical areas on Mondays only. Thursdays will be an activity day for Clubs and Organizations. There will be transportation provided those days which should help with student attendance for the clubs.
- Mr. Colosimo mentioned that a Drug and Alcohol Advisory Committee is being developed through Carbon/Monroe/Pike. This committee is being led by students and will be mentored. It is mentioned that any guest speaker and any content should be reviewed before being utilized at the school.
- Extra help is being implemented in the Guidance Department. This will be for a social worker or some type of counselor. There is a grant to be applied for in June/July.

Meeting Adjourned at 2:45pm.