

BISHOP UNIFIED SCHOOL DISTRICT

~ **WELLNESS COMMITTEE MEETING** ~

District Office Conference Room

March 13, 2018 @ 3:30 p.m.

Attendees:

Katie Kolker, Principal ~ Palisades Glacier
Susan Nelson, Food Services Director K-12
Marnie Casteel, District Bookkeeper
Chantel Linnastruth, K-12 School Nurse

Absence:

Kati Kress, PE Teacher and Coach
Lara Andersen, Guidance Director
Jo Barlow, Parent Representative

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The committee discussed new ideas to reach our staff on healthy choices.

- The Committee voted on the 2017-2018 Wellness Challenge and it will be starting April 16, 2018 through May 16, 2018. This year's challenge will be "Fitbit Work Week Hustle". There will be teams of 10 and each team will have a winner at the end of the challenge.
- Katie will create a google form and email all employees' to sign up and submit back to us to create teams.
- Committee will meet back on April 9, 2018 at 3:45 to put teams together to start the challenge on the following Monday.
- The committee discussed reaching out to a couple of employees and parents to see if they would be interested in being on the committee since getting us all together has become a challenge due to scheduling conflicts.
- The Cafeteria will continue to post healthy informative posters for students to read and learn about healthy choices.

GOALS:

Health Week: Continuing to reach our students and staff about making healthy choices, whether it's food or exercise.

Next Meeting Date: Early in 2019