



# Mena School District

## Wellness Committee Agenda & Minutes

January 31, 2019

- Call to Order – Sign In Members
- Cover Policies, Procedures, and Plan for Wellness Committee 2018-2019 School Year
  - Mr. Breedlove cover highlights in the Policies, Procedures, and Plan
  - Federal Funding is tied to the Wellness Committee so we must meet the requirements
  - SHI (School Health Index) Modules #1, 2, 3, 4, 10 & 11 must be completed, as soon as possible. Have those done by the next (last) meeting.
  - Wellness Committee Checklist
- Discuss Modules and Complete Modules at Each Campus Before Next Meeting
  - Goals for improvement tied to SHI data for each school
  - ACSIP committee will use the SHI for improvement
  - Nurse Bobbi Baker discuss sign in procedure for Modules at each campus
- Open Discussion of Other Topics
  - Continue sending weekly menus
  - Start date for “100 Mile Club”
    - 90 days to walk/run 100 miles, or 90 days to bike 200 miles

- **\$15.00 entry to get into the club, open to all faculty K-12, and even students if they want to be involved. If you complete it, you'll get a t-shirt that says you're a 100 mile club member.**
  - **Start on Feb. 15 - end on May 10**
  - **Report back miles weekly**
  - **On track, if you walk 8 laps, it's 2 miles, unless you do the outermost two lanes, and it's on 7 laps.**
  - **At the high school, it's 5 laps per mile around the building inside.**
- **Set Time and Date of Next Meeting**
    - **Next meeting April 16th at 3:30 at the High School**
  - **Adjourn**