



Mena School District Wellness

Wellness Committee Agenda

December 11, 2018

- Call to Order – Sign In Members
- Cover Policies, Procedures, and Plan for Wellness Committee 2018-2019 School Year
 - Continue Meetings each Quarter
 - Continue Modules Completion
- Discuss Modules and Last Year Results
 - Have not yet received the updates for this year
 - Will get them out to everyone when received
- Open Discussion of Other Topics
 - Gisheere Ford – Presentation
 - 100 Mile Club
- Set Time and Date of Next Meeting
- Adjourn

Health & Wellness Minutes

Members present:

Steve Breedlove

Celeste Ashcraft

Todd Coogan

Rod Purvis

Bobbie Baker

Becky Richardson

Amy Bartow

Susan Bodey

Robin Castor

- Second chance breakfast has already contributed a boost of 70 more students eating at MHS alone last week.
- Second chance breakfast was a response to a student survey given last year, on which students indicated they would be more likely to take advantage of breakfast if it was easy to grab.
- No results back from the SHI yet
- Keep working on getting SHI modules completed
- Continue sending menus each week to Mr. Breedlove
- Gisheera Ford - offered a free program as a diversity coordinator focused on tobacco-related disparities based on ethnicity & economic status. With our statistics, it isn't an area we have a need for at this time.
- 100 Mile Club - we will look at doing this district wide in the spring, when it warms up. The program is 90 days to walk or run 100 miles. It's a great program to get involved in. It's \$15 up front, and if you finish 100 miles, you get a t-shirt. These miles have to be walked with intention - above and beyond what you'd normally walk in a day.
- Time and Date of next meeting: January 29th