Wellness Committee Minutes

USD 112 Wellness Committee met Wednesday afternoon, October 23, 2019, beginning at 4:00 p.m. at Central Plains Elementary School Library in Holyrood, KS.

The following members were in attendance:

 Greg Clark, Acting Chair Person

 Gary Bittner

 Lisa Menzer

 Sarah Schartz

 Pam Stiles

 Terina Templeton

 Renee Lanham

 Bobby Crow

Mr. Clark opened the discussion regarding the Health & Wellness All Staff In-Service usually held in January. The members decided they would not have a wellness in-service for this school year since the Wellness Committee would be participating in the Central Plains Elementary carnival scheduled in April.

Mr. Clark informed the committee that a BCBS Healthy Habits grant had been applied for the CPES. This grant would be for Product Produce: Let’s Have a Taste #3 focusing on Pre-K and Kindergarten students.

The 2019-2020 Goals were discussed.

* The Committee discussed whether to ask the Board of Education to include the “No Vaping” verbiage in the no-smoking policy. No decision was made at this time but would check the current policies for the actual verbiage of no smoking and no drugs on school property.
* Members were asked to visit with their school staff for ideas of how to “de-stress” and report back to the committee at the next meeting.
* Discussion on a Birthday Party Policy. Mr. Clark will send out a survey asking each elementary teacher their thoughts on whether to continue allowing individual birthday parties or have a group/monthly birthday party and should there be a restriction on the type of treats furnished for the birthday party.
* Mr. Clark plans to ask other Superintendents at the next Superintendents meeting how they handle the Non-Sold foods and beverages
* Mr. Clark will ask Administrators at the next Administrative meeting to ask their teachers to find non-sweet rewards for their students.

The Committee agreed to have a Wellness booth at the Central Plains Elementary carnival and were asked to bring ideas for the booth at the next meeting

The next meeting is scheduled for Wednesday, December 11,2019, at the Central Plains Elementary School.