

Wellness Committee – October 4, 2022

The Wellness Committee met on October 4, 2022. At the meeting the following topics were discussed:

- *Marilyn Digregario, Food Service Director for Whitsons discussed the beginning of the year in all the buildings. Marilyn is constantly looking at the menu to see ways she can change the menu and create new offerings. When creating the menu Whitsons is working in “National” days, such as “national taco day.” As the year progresses, Marilyn will be looking at other promotions to incorporate on the menus. She is also looking into creating “Chef Days” with guest chefs to come and cook. Additionally, she will be reaching out to the building principals to set up meetings with some students to look at other menu options for each building. This was done last year and was popular in each building.*
- *In the middle school, the Intervention Service Provider will be beginning the “Too Good for Drugs” program in conjunction with health classes for 7th grade students. Intramurals have begun and they have seen a good turn-out for the program. Additionally, a “Wellness Corner” is now included in the middle school newsletter.*
- *At the high school, blood drives will be scheduled, and plans have begun for the return of the Health Fair. Mrs. Petricek will be spearheading the development of the Health Fair (Spring 2023), working in conjunction with the staff and community.*
- *At the elementary level, Ostrander Elementary spoke about working in nutrition to PE classes as well as lessons on overall wellness. Plattekill Elementary is focusing on wellness and movement. Leptondale Elementary as well as the other elementary buildings will be looking to start back up “Taste Test Tuesday’s” that expose students to different healthy food options. All three elementary schools will be looking to have various events throughout the year that focus on wellness; for example, the “Jump Rope for Heart”, unplugged events, and other building specific events. Finally, all the buildings have begun or will be starting shortly the “Too Good for Drugs” program taught by our school social workers as well as the DARE programs for the 5th grade students.*

The next committee meeting is January 10, 2023, at 3:30 p.m. in high school room #102.