

Wellness Committee – January 10, 2023

The Wellness Committee met on January 10, 2023. At the meeting the following topics were discussed:

- *The elementary schools will be organizing a jump rope event in February. The schools scheduled unplugged days. Taste Test Tuesdays started at all the schools with the goal to expose students to new healthy food options. The Lions Club will be conducting vision screenings for kindergarten students who want the free screening. The District appreciates the support and service that the Lions Club is providing to our elementary schools. Each elementary school will have some unique events they are working on or have scheduled and those will be posted on the District Wellness Calendar.*
- *The middle school is focusing on healthy eating habits as well as stress reduction tips. The school is continuing with their “Healthy Habits” announcements.*
- *The high school is working on scheduling a Health Fair in April.*
- *Marilyn, Whitsons Food Service Director met with a group of students in all the schools prior to break and will be meeting again this month to create a menu option for each building that will be featured on a future monthly lunch menu. March is National Breakfast Month so the food service department will be doing some promotions during March to highlight breakfast. The District has to go out to bid for our food service contract for the 2023-2024 school year. The District will be working with HMB consultants on the bid specs that are scheduled to be released from the State in March.*
- *The next committee meeting is scheduled for April 18, 2023, at 3:45 p.m. in high school room 102.*