

Wellness Committee – April 18, 2023

The Wellness Committee met on April 18, 2023. At the meeting the following was discussed:

- *The District continues to see increased participation in all buildings.*
- *A student committee in all buildings created a lunch menu option which was featured on each building's menu in February. Marilyn, Food Service Director will be setting up meetings again with building committees to look at potential menu options for the future.*
- *The high school had a successful blood drive on March 29th. A health fair will be held on April 26th in the high school between 9:00 am.-1:30 p.m. with currently 30 vendors scheduled to attend.*
- *The middle school is holding fitness testing in gym class and will continue to use announcements to discuss wellness.*
- *At the elementary schools in February, they focused on Heart Healthy month and in March they created fun activity days with a focus on movement and wellness in all the building (i.e. unplugged days). Field Days will take place in June in all the buildings. Taste Test Tuesday took place which exposed students to different types of food.*
- *Finally, the District will be going out to bid for Food Services. The bid specs were discussed with the committee, including how fresh fruit and vegetables must be included in the daily meals, different promotions throughout the school year and taste testing at least twice a year. The bid submission is scheduled for May 16, 2023, with an anticipated bid award at the June Board of Education meeting.*
- *The next committee meeting is scheduled on June 6, 2023, at 3:30 p.m. in high school room 102.*