



WELLNESS COMMITTEE

Bonneville School District 93

January 31, 2017 | 4:00-5:00 |

Committee Members

Marie Black | Kaylene Craig | Steven Cziep | Linda Hostert | Jolene Jenkins | Paul Jenkins | Coco Kraning | Katie Liljenquist | Marjean McConnell | Lisa Patterson | Heather Plain | Rodd Rapp | Gene Smith | Guy Wangsgard | Scott Woolstenhulme |

Wellness Committee Meeting Minutes

Review the Healthy Changes and Positive Impact

Marjean

Survey Data Results

Scott

Teachers are using brain breaks for students. Very few teachers are using pushups, running laps, or physical activity as a punishment. 100% teachers are allowing their students to bring water bottles to class. Candy, donuts, and cookies ranked the highest food items teachers use in their classes. Vegetables and fruit ranked the lowest.

Set Goals for January 2017-January 2018

Marjean

- **Increase the use of brain breaks in the classroom**
 - *August Inservice Classes*
 - *Offer training to teachers during PLC Time when requested*
 - *Highlight teachers who are using Brain Breaks effectively*
 - *Share information about brain breaks with administrators*
- **Increase the use school wide exercise and activity programs**
 - *Get an accurate list of what activities and programs schools are currently doing*
 - *Discuss successful school-wide activities in administrator meeting*
 - *Challenge each school to sponsor one activity*
- **Educate students and staff about healthy eating**
 - *Kaylene will send information to share with staff*
 - *On a regular basis send information or put link on website with health tips for staff (Marjean)*
 - *Integrate health into cross-curricular units and share with teachers (Rodd)*
 - *Make a list of non-food incentives to share with teachers*
 - *Look for Health education material at the elementary school level*
 - *Trimester Staff fitness challenges (Steve)*
 - *Beginning Spring Trimester*
 - *Water Challenge*
 - *Step Challenge*
 - *Plank Challenge*

Note: Heather and Marjean will work on a form for schools to begin documenting the 10 times annually they sale foods that do not meet the Smart Snack Guidelines.