

## Wellness Meeting 2/23/17 @ Little Brother

*Janis, Francesca, Hae Sue, Shannon, Martiza, Erika, Rochelle, Laura*

Discussed what we would like to include in an intro letter to the KiMS staff- **Martiza first draft**, will send for the rest of us to give feedback. Goal is to include this in Debbie's staff update via email.

**Idea**-Hae Sue:Teaching moments in the Catch up Café in the future if available?

Backpack Awards for teachers – both at KiMS (present at Volunteer Tea?) and for the PTSA council at district level: **Shannon Jones will help develop program. Janis will connect her with Erika Kapur/VP Advocacy**

### **WELLNESS EVENT:**

Hae Sue-Mother's Day overview -schedule for 5/10. Steered away from luncheon( nobody ate), 1 hour event, band/orchestra plays ten minutes, mingle/talk, guest speaker. Short thoughtful event. 100 people. Seems too poignant to mix the honorary mom event with our vision for wellness event/kids. Tricky also with tickets/cost.

**Idea:** guest speaker tied to wellness at MD Event, promote wellness event at MD w/flyer takeaway etc

### **Date-**

Reviewed history of concepts for event, can we combine w/Mother's Day event? Or too different in purpose? Discovered LWSD has added full days on some Wednesday to make up for snow days. 5/3, 5/31, 5/21. June 7<sup>th</sup> is first day of market and father's day. **TARGET 6/14<sup>th</sup>**, Weds. It's the last Weds left. **Janis will check with Karla if this is ok.**

### **Naming the Event-**

Something fun and energetic. Could be catchy or play on words. **Check with Stephanie- Hae Sue**, trying to avoid names that are too 'wellness' obvious or boring for kids. Buzzwords:UP, mania? **Francesca will start a FB post and we can all chime in with ideas.**

### **Event Ideas-**

Fitness- Barre3- class in the grass, burpee competition/plank, athlete live or video, Ninja Warrior, CAC, Kutting Edge, athlete live or video for draw

Nutrition- knocking over the drink with the most sugar, sugar and scale- how much is 10 grams of sugar? Be sure to present what they 'should' do. Food demonstration.

Offer food/drink- watermelon, tea, drink bar (water w/flavors)

Healthy Bonez, Green E Juice, or can we make them? Food permit, etc

Skincare/make-up- Kim Stark volunteered someone

Spirometer- able to see how strong your breath is (Martiza).

Technology- physical aspect/neck issues, rules of thumb (don't give out passwords...)

--Rochelle: Evergreen did a wellness/Earth Day—anything we can borrow form theirs?

--What is the 'right' number of booths? 6? Maybe not enough for volume of kids. STEM had 13 last spring. Target 10-12?

--need to make sure the booths are all geared towards middle schoolers and fun/interactive while teaching a valuable lesson too. Some topics this may be tougher than others

--Stressed need to start identifying booths/vendors so time allowed for donations/availability, however, it is important that we are coordinated and communicate in this effort so as not to ask multiple vendors for same platform. *We are not asking quite yet.*

### **Goals-**

What are three key messages?

Instead of covering so many wellness topics which may be confusing, idea of focusing on three main pillars: **Nutrition/Movement/Rest- Stress Mgmt**

*Francesca will post a visual of the pillars and how they align with the topic work we have already done.*

\*Focus from Debbie when I asked what is on teens minds now:

1. Anxiety/stress/depression, breathing – last speaker has free apps for breathing/medication (Hae Sue),

2. Phones/tech/esp girls-

Shan: this also translates to self esteem, apps that are ok/ones to avoid, idea; what images are ok to post?

Janis: Debbie said we can check-in with Nancy Knight directly to coordinate on topic ideas, and understand what is offered in her PE/health curriculum

Prizes- budget and donations, contest- punchcard, raffle

Bonus-Providing indirect message of working with your community, and also becoming aware of careers that are out there in wellness related fields.

Things to consider: food handler's permit, waiver needed for any activities? *Laura will check on waiver/liability piece.*

Happy Hour follow up meeting soon in the evening? Fun and will also include those that are unable to make daytime meetings.