

Wellness Committee Meeting Notes

3/16/17, 11-1

Kirkland Library Meeting Room

In Attendance:

Janis, Francesca, Marcela, Maria, Erika, Susanne, Sheri, Maritza, Hae Sue

Highlights:

- We decided on a name for our event!
- **Panther WellFest** and its June 14th. Mark your calendars.
- Block 11:30-3 that day for set up/clean up.
- **Maria Teresa Oneto** volunteered to be our Event Project Manager- hooray and thank you!
- Committee meetings every other Thurs 11:30-1 until May 14, then
- Weekly meetings 5/17-6/7 (same day/time)
- Happy Hour on Weds 4/11 @ 6:30 Location TBD, b/c we deserve cocktails together

General Discussion-

Marcela and Maria joined us for the first time- they are passionate about mindfulness. We discussed using our event to introduce the concept and potentially following up with edu for the staff to be able to incorporate into their day with the students. Debbie has said stress/anxiety are big middle school concerns. Mindfulschools.com. **Marcela** will post a video on our FB page for viewing.

Martiza posted an updated paragraph for us to use to officially intro to the KiMS Staff. **Please take a look on FB and give feedback.**

May Speaker- could still recommend somebody for May PTSA meeting that ties in to our messaging. **Thoughts ?**

We whiteboarded out a vision for our “Panther WellFest” event that looks like this so far:

Generally-

- Must feel FUN- a DJ has star power (**Susanne** checking with Spencer on availability to help)
- Incorporate Technology for each pillar- fitness apps to download, playlists, etc.
- Punchcard concept to encourage participation at each booth
- 2-3 interactive learning booths per ‘pillar’ plus other displays/food/etc
- Budget- food, prizes, DJ, signs (let’s see what we can get donated)
- Sheri updated us on convo w/Nancy Knight (PE/Health teacher). They focus on the “health triangle” – physical, social, and mental/emotional health and especially how to balance all three.
- Knight/Bond will help promote as event gets closer and gave suggestions also (morning announcements, posters, etc)
- Marketing: Would be nice to brand/have a logo to go with our event name for when our messaging starts (**Marcela** checking w/friends)
- **Francesca**- when is the next Panthergram deadline? Perhaps a ‘save the date’ teaser?

1. NOURISHING PILLAR 'The Whole Panther'

Healthy Boney (Janis will check in w/them)- dixie sized cups
Water flavored with fresh fruits- display
Trader Joe's donation- healthy icepops? (Hae Sue checking)
Good Cookies (Susanne)
PCC programs/outreach (Erika will check in)
Weds Market tie in? (Rochelle)

Booths-

1. Sugar Matching- drinks/cereals
 - a. Message: 30 gram sugar/day reco for this age
2. Ingredient List- pronouncing? Msg to eat 'real' foods you can pronounce
3. Build a healthy plate- Velcro?
 - a. Food groups and what each does- carbs/proteins/etc

Prizes- water bottles (perhaps they say Panther WellFest)

2. MOVEMENT (PHYSICAL/POSTURE) PILLAR 'Ninja Panther'

Tug of war/sack races/ hoop contest at specific times, involve teachers?

Booths-

1. Obstacle Course- Bassline?
2. Education- how? Have an prof athlete make a video? Francesca- Mariners, Barbie –Seahawks,
3. Posture- walking w/books on head activity. Geoff Lecovin content?
4. Stretching- yoga, injury prevention

Prizes- Fitbit

3. MINDFULNESS (MENTAL HEALTH) PILLAR 'Peaceful Panther'

DJ stops everyone to do breathing exercises together

Booths-

1. Spirometer- measure lung capacity (disposable tips) (Maritza)
2. Sleep station- tented, relaxing chairs, scented oils (what does each do?)
3. Tech tips- Screenagers, (Denise)

Prizes- relaxing music play list, lavender oil,