

Wellness Committee Meeting Notes

Lizzy Kate, 1/6/17

Janis, Francesca, Martiza, Susanne, Barbie

- Reviewed proposed ‘Plan of Action’ for Monthly Wellness EDU during lunchtime
- Everyone supportive of introducing short/fun learning lessons in ongoing manner to increase awareness of wellness concepts they can take with them into adulthood
- Ideas to compliment this program:
 - Wellness ‘Bucks’ – reward system of currency for doing good things (need to define)
 - **Does someone have the skills to create these?**
 - Local companies could donate rewards: Urban Wellness, Green-E, gyms, chiro
 - Barbie has video production skills we can utilize, also video prod class at KiMS perhaps
 - Contest- kids could make short videos re: wellness

We identified topics that would be of interest for each month through June.

HELP NEEDED!! We decided we would pair up and each research a topic or two to determine what the activity for each of these topics would be. You have a partner listed below and their contact info so you can connect.

For your assigned topic, please think of :

- what the main goal/message is that you would want the kids to learn
- include why this is important
- a fun/visual/interactive way of presenting the subject

Remember, this would only be a 10 minute game/presentation during lunchtime. So it needs to be concise but kid-friendly (preferable visual and/or humorous). We do have some funding for props/supplies/small prizes.

We will re-convene on **Weds 1/18 at 10am at Janis’s house** (1639 10th St. W) to review ideas and next steps together. If you can’t make the meeting, please send Francesca or myself your ideas by 1/17.

<p>Francesca francescag@gmail.com Janis rabuchin@earthlink.net</p>	<p>Sugar As an example, for this we may have 4-5 drinks and the kids have to put them in order of which has least→ most sugar. Could also use cereals. Have the kids scoop from a bucket of sugar into Ziploc bags how many tablespoons are in each.</p>
<p>Martiza maritza.farrant@gmail.com Wendy Wendy@alston-family.com</p>	<p>Breathing/Mindfulness (4-7-8 breathing)</p>
<p>Susanne susannepark@live.com Brenda fierceelevator@yahoo.com</p>	<p>Food groups/label reading/food coloring</p>
<p>Hae Sue haesuepark@hotmail.com Rochelle rnelsonhaberl@earthlink.net</p>	<p>Movement/Posture</p>
<p>Shannon shannon@papiliocoaching.com Erika tipperika@hotmail.com</p>	<p>Sleep</p>
<p>Denise denise1217@outlook.com Sheri mark1put@gmail.com</p>	<p>Screentime</p>
<p>Barbie barbie.young@gmail.com</p>	<p>Exercise</p>

Marypat marypat_meuli@hotmail.com	
	"Extra" Topics: Skincare, recycling (Tania), safety

(this is not necessarily the order the topics would be presented)

-We also discussed the need for a technology safety lesson (for KIDS) session. This should be a stand-alone event, perhaps through PTSA Outreach/EDU or we could help coordinate. Similar to Steve's talk last year but for the students. Janis will mention this to Dan.

-There was some discussion around the cold weather and the fact that there is nowhere for kids to hang their coats. No clear easy solution. Hooks near Panthertime classes was thought to be best option. Janis will again mention this at the district backpack meeting on 1/18 as it ties in to that challenge as well.

-Everyone is wondering where their directories are. A few moms (new to the area or to the school) are really looking forward to their arrival so they can connect with other families their children mention. This also brought about the conversation of feeling disconnected from other parents in the KiMS community. Private Facebook page mentioned. Johnmichael created one last year but don't think it was ever marketed. This would be a GREAT easy way to poll audiences and ask questions of other parents if the members were increased. Can we send an invite to everyone (Panthergram and postcard) to get more people signed up there?