

## Wellness Committee Meeting Notes

Weds Jan 18, 2017, Janis's House

Attendees: Francesca, Janis, Erika, Barbie, Sheri, Susanne, Shannon

- Everyone came prepared to discuss the specific wellness topics they were assigned to research
- Decision was made to abandon the lunchtime edu sessions in lieu of having a wellness event after school on a Weds.
- All work/ideas would still be applicable to new event
- Less concern for messages being misconstrued when off school hours
- Can be a fun forum with vendors similar to STEM night
- Need board approval for Wellness Event on hopefully Weds May 10<sup>th</sup> to tie in with Bike to School Day
- Once approved, can start identifying local businesses to partner with
- Francesca/Janis will work with Laura/Dan/Debbie to get approval of concept and to identify and confirm a date that works for the school
- Reiterated importance of partnership with school staff

Wellness Topics and ideas for presenting:

Lots of great ideas and discussion around how to approach each of these topics in the most kid-friendly way possible. Love the creativity!

### Tech- Sheri

Eye opening to do a role-reversal type skit with parents' faces in phones/screens and not listening  
Open dialogue with alternatives to screentime.

Tech free Tues- pledge to participate and enter for a prize, game table at lunch (would kids do this?)

Talk about 'tech neck' and related posture implications

Use humor- injuries, photo of poor tech posture/funny cartoons of tech neck

### Sugar- Francesca & Janis

Visual presentation comparing beverages that are offered at school. Can scoop amount of sugar in a plastic bag.

Most of them have about 30g so would be difficult to put them 'in order' of sugar content

Willy Wonka idea of hiding a 'gold star' in lunchroom/ ala cart on healthy items

Cereal comparison also useful, speak of energy crash consequence

You Tube has lots of funny video clips on healthy eating, etc

Want to be consistent with messaging- we talk about sugar and then teachers use it as rewards

### Sleep- (Erika)

Tough one to demo, perhaps a quiz on sleep facts, info snippets, advantages/disadvantages. Combine with pajama day. Books as prizes (read before bed), or tea, glasses/sleepmasks, Also mention of sleep apps to help track sleep.

### Food groups/labeling/food color- Susanne/Shannon

A food wheel as a visual so kids can which food group certain food belong to. Visuals of ingredients that we can't pronounce that are found in food labels. Food Detective online resources

### Breathing/Mindfulness-

Someone mentioned 4-7-8 video and breathing examples. Martiza/Wendy not present to share, we can follow up with them afterwards.

### Exercise- Barbie

Could we get a local sports figure or previous Olympian to show up? Or even make a video clip for KiMS. Brad Evans lives West of Market (I just confirmed this is still true)

### Posture- Rochelle was unable to attend but cut/pasting her notes I shared at the meeting

Enlist the help of the young leaders like ASB officers, Peer Mentors or even any Kirkland Youth Council members with each presentation. For all I know they get community service time to assist the Wellness Committee: Win-Win.

Hae Sue and I haven't yet spoken, but as for the theme of Posture: I anticipate a presentation as follows:

1. Describe scenarios that teens are in where their posture is poor: at the desk; watching TV; at the computer, walking with a smartphone...
2. List the reasons why it's important to have good posture (Breathing; Thinking ability; Improved image; Feel better about self; Avoid health complications.)
3. Provide an example of good posture (we can have volunteers come up for prizes, have a full length mirror, provide a prop like a tennis ball for lower back support, etc.)
4. Give examples of how to improve posture (Identify the teen's reason for wanting good posture; How to eliminate bad habits; Tips like using a back cushion; Avoid carrying heavy items; Exercise examples and See a health specialist if your back becomes an issue to have an assessment.)

I'm unsure how we want to incorporate Movement into the Posture theme, but I'd add things like walk to school, wear a Fitbit tracker, set goals, take homework breaks, take the stairs, limit screen time, etc.