

Wellness Committee Meeting 3.15.18

Kirkland Library Meeting Room

Janis, Hae Sue, Shannon, Maria, Martiza, Erika, Marcela

Hae Sue- will ask treasurer how to get reimbursed for donations for WellFest while following all rules

Board meeting- April is budget, need to do requests no for next calendar year. **Janis** will send to Cheryl/Coleen on PTSA Board.

WellFest thoughts

- Everyone should follow up with the vendors they were 'asking' so we can start to size up what kind of commitments we have or don't
- Food- Sodexo- anything they can do to help? They do a free BBQ for the kids at the end of the year. **Hae Sue** will check with Vicky to understand the facts and gauge plausibility of this idea. Obviously want to keep it healthy.
- (**Erika will check**) Would PCC have an idea of vendors that are community/wellness focused that may be more willing to help donate foods for our event?
- Healthy Boney- could kids buy bigger portions to help subsidize?
- (**Marcela**) Or DeRU- no cooking classes this year, she would love to do something for the school - send proposal-what should we ask for?
- **Shannon** will check w/Susanne Park- cooking station for WellFest? Station w/food- healthy snack/lunch prep? Will also check with friends – The Secret Ingredient –
- Cooking demo for WellFest other idea: Café Organique – they have expressed willingness to Janis in the past to help but we have made no specific ask. Even if not a cooking station perhaps another way they could participate?
- Our very own **Maria** is a mandala wizard! She can help create a KiMS/Wellness themed oversized mandala for the kids to all work on at WellFest. **Maria** will check with the guy that donated the printing from last year to see if he can help again.

This is from the whiteboard list we made- trying to nail down scope of our stations. These are NOT confirmed:

Ninja Panther	Whole Panther	Peaceful Panther
Bassline	PCC Trail Mix	Relaxation tent
Alexis	Cooking demo station	Wall art team mandala (Maria)
Barre?	21 Acres	Know Your Truth (new prompt)
Move Free?	Cereal comparison (instead of drinks this yr) Maritza	
Xbox Dance	How to read a label	
	Theo's Chocolate	
	Spelling bee/pronunciation contest or alternative names for things (sugar, salt)	

Cooking class for fall- perhaps can opt into one class at a time (instead of committing to a series of 6), no budget for this currently, so functions like ski bus- totally separate, parents pay vendor directly. We would just organize/market/manage. May be after school but can't use kitchen. This would be for fall.

Budget Proposals for 2018-19 schoolyear—

Backpack \$300
Wellfest- \$1500
PantherBucks- \$1500
Turkey Trot-\$50

Pantherbucks—we got initial hesitation from Debbie, but wasn't time to explain the concept in any detail so perhaps we can run this idea by her again.

Maria will check more details: she knows someone that may be willing to develop an app for us- time avail? Cost?ongoing support?

What are the behaviors we are trying to change?

supply/demand—how many bucks per task

Pilot with classes that have teachers willing to support initially- by grade or? Need staff guidance

Hae Sue- next step chat with Debbie-HS will sched meeting for HS/Janis so Debbie can decide if we are moving forward or tabling the idea

Shannon- will connect with Janis re: backpack awards program for this year

Next Meeting Thursday 3/29 12:30-2 @ Marcela's house, 4609 105th Ave NE, Kirkland