

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