

Wellness Committee Meeting 1.18.18

KiMS Fishbowl- Janis, Hae Sue, Maria Teresa, Erika

Hae Sue Update: PTSA approved purchase of a microwave for the cafeteria. It is currently installed and ready to use. Kids have the option to heat their lunches from home now. Way to go Hae Sue!

Ongoing committee meetings- will be better about posting the dates and times in advance and sending reminders- those that can't make it in person are welcome to call in or Facetime. Will keep them every other Thursday @ 12:30.

Bigger Picture Ideas- how do we find success at doing strategic things too? Members w/special areas of interest could form sub-committees(– ie- Sabine/PE, Erika/nutrition) and use our group for support and resources/ideas to help move fwd. Do other schools have a wellness committee? Could create more energy with other schools to bring up to LWSD level – Hae Sue saw a survey last year that asked if other schools had wellness committees .

Erika will check in with Steph to see where we are.

Rewards at school- how do we minimize the sugary rewards being offered at school?

Re-visited the idea of our committee developing a program for “Panther Bucks” – Janis will send bullets w/highlights of conversation to Hae Sue to see if Debbie would be interested for KiMS. Would be super cool if it was an app eventually, could be easily replicated at other schools. This offers a soln to the problem instead of just

Programming possibilities for next year- budget for PTSA coming up soon- cooking classes after school? Research needed- agreed to look into places we thought have existing programs that might fit for an after school program at KiMS : PCC, Beechers, Frog Leg's , Sur La Table, Williams Sonoma, Parks/Rec, Hot Stove Society (Janis) , Whisk (Maria), Hae Sue's friend . Erika will check all except the ones in parenthesis where personal contacts exist to ask.

WellFest 2018-

Everyone approved the WellFest Flyer for 2018. Janis will post soft copy for all to use to recruit participants.

2017 Student WellFest Surveys

Top interest: Nutrition, exercise, sleep and mindfulness

Least interest in: Body image, puberty and social media

Top Booths: Healthy Bones, Guess the Sugar, PCC, Chill Out Zone

Website- content needs updating so we can point people there w/confidence. What should we add?

- Video links
- WellFest announcement
- last year wellfest video
- Francesca posts on wellness topics (Janis will ask)

Management tool for WellFest this year?

Trello was hard to use last year. '18 agreed a spreadsheet for WellFest-all visible in one place share it on One Drive- **Janis** will create starter template w/what we have so far.. might need help on figuring out how to share. Distrib email list for core group of planners a good idea too for those that don't keep current on FB.

OPEN TO DO-----→ Shirts?? Does anyone know someone that could donate shirts or a service that does this inexpensively for the WellFest volunteers to wear this year? The AMZ Merch program was mentioned as a possibility (upload graphic, no min buy, no uplift on shirt price) Could someone help figure this out?

Vendor Guidelines/Updates:

Discussed the importance of having a targeted list of vendors- making sure we stay true to our values and mission. This is not a tradeshow for vendors to show their wares, but an opportunity to teach our students about wellness topics and expose them to new things in fun ways.

- Hayden Hall (DJ) is penciled in for 6/13, contract in hand from him, needs processing by PTSA Board but will wait til details are buttoned up
- PCC -confirmed per Erika to come back and do the trial mix station again
- Homegrown-Erika emailed, waiting to hear back
- Columbia Athletic Club-Hae Sue confirmed they plan to participate
- Drill team from LWHS (**Janis** will ask)
- *Sara Ward- welcomed us to join her leadership class to get feedback on content for WellFest

Ideas:

Coloring Collage- small pieces for kids to color that come together to look like one large design, when completed we could smaller sections incrementally up the stairs.

Hae Sue- is there a way to incorporate "Parent University" concepts-refusal skills/peer pressure/- let's think of how this could translate into WellFest format.

Vendors we'd like to reach out to...

Chow meat sticks
Healthy Bonez (**Janis**)
Julu Beet (**Janis**)
Hint
Cedar Grove – compostables
Kind Bars or RX bars?
21 Acres
Screenagers
Yoga/posture
Backpack
Alexis Christensen-weekday warriors (**Hae Sue**)
Theo's Chocolate

Carryover vendors/to-dos from last time:

Costco-Sabine
Online presence – Snapchat and Insta (Meredith)- best ways to get the messages out to kids in formats they already utilize.
Announcing vendors, activities, tips, etc as event approaches
Trader joe's - Sabine
Met Market- Sabine
21 Acres Farm-Meredith
Bassline-Hae Sue

Next meeting is **FEB 1st 12:30 @ KiMS**