

## Wellness Committee Meeting 1.4.18

KiMS Fishbowl- Janis, Hae Sue, Meredith, Sabine, Erika

Sabine- first meeting, gave quick update on our group

Talked about educating families, not just the kids- articles: China/India more obesity, processed foods, what if we got kids more interested in cooking? All agreed, difficult to find outlets- how to prepare simple foods, how to... cut/prepare xyz, last year we decided on Wellfest as the outlet

Erika: should we focus on Wellfest and also approach these wellness topics at a state level? Bigger picture. How do we do this?

Sabine: who decides sports are only 6 months out of the year? Ie- teaching bad habits

Meredith: District-wide wellness initiatives- why not? Why aren't we working together and helping each other? Had friend at Finn Hill did great things with wellness.

Janis said she checked back in w/Sara Ward- will talk to her leadership kids about thoughts re: combining WellFest with Carnival. Many details to consider. For now we will move fwd with assumption it is 6/13 after school.

Longer poles in the tent to start planning for Wellfest:

Costco-Sabine

Shirts for volunteers- somebody want to look into cost for shirts for committee members (that we would buy ourselves)

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

PCC- Erika

Met Market- Sabine

21 Acres Farm-Meredith

Homegrown- Erika

Book DJ- Janis

Columbia and Bassline-Hae Sue

Let's document contact person and timing of requests for donations- Meredith

Janis will send Meredith what she has from last year to build on.

Sabine- willing to help work on the panel for booths this year to ensure consistency in expectations

Meet with Leadership kids- what do they want? Janis will check with Sara W to see if some of us can go in.

Donation of larger items- big coloring project? Exam-Wall mural on theme? (big earth perhaps)- reach out to those types of vendors now- let's put our thinking caps on!

Online survey- do ahead of time so ready to go this year (survey monkey so electronically tracked)

Ideas:

Cup stacking contest- something with a tie in?

Green booth- is this compostable/ recycle? Etc?

Make a marketing flyer – Janis, let's wait until this is complete so we have it to share with companies we will be reaching out to.

**Next meeting: January 18<sup>th</sup> @12:30**

