

## **Wellness Meeting- 10.26.17**

Janis, Hae Sue, Marcela, Erika, Meredith, Maria

Hae Sue- update on Debbie meeting, ok with it as long as not a 'school sponsored event'  
Debbie had an idea: other schools (Eastlake) do a "Pumpkin Dash" after school run where elementary kids run with cross country middle school kids. Team/fitness/mentorship

Turkey Trot- liability of kids being there alone? Spoke to HOpeLink, kids can come along, nobody assuming responsibility, but their liability covers persons whether adult or children. They do not require adult reg to take youth ones, although we are trying to encourage this event to be a family friendly one that you do together. No 'official' booth, but we will have a meeting spot. Can communicate this later via our turkey trot page.

Showed the team our Kirkland Middle Turkey Trot page. Pricing is \$10 for all with the KMSKIDS code.

Amy Walen willing to help- photos, etc. Shirts aren't in yet, not even ordered.

Quiet marketing starts now (FB, panthergram). More visible after at least a week of the orange fundraiser has a chance to get its legs (signs, posters).

TO-do's:

Ms. Ward-for signs/turkey and message board- Erika contacting

Janis will get to Karem for FB and put on wellness page too

Marcela can create and print posters 11x17 is biggest, will also contact the Kirkland Reporter

Maria will make a slide for TV screen for Debbi

Janis send PG announcement out

Staff newsletters- Janis can get this info Debbie

Hae Sue- looking into signs/pricing, first one was \$400 (yikes) so she is thinking of getting crafty. Watch out! Go Hae Sue!

Mindfulness- presentation didn't go well at LWHS- (600 kids in one room/chaos ensued), wait a little and will check back in

Janis will email Nancy Knight to follow up from curriculum night convo. Cc; Marcela and Maria.

Question/ Maria: Can parents gift teachers mindfulnessschools.org course if they wanted to? (\$200)

Angie Fox—Janis updated on the Tony Horton Fitness for Families idea/challenge packs. PTSA cannot promote for-profit businesses per Hae Sue.

No candygrams this year, giving tree for the holidays. Hae Sue working with Carol Henrichs.

Orange fundraiser- recipes submitted.

Carnival- who runs this event? Do we want to consider the idea of doing WellFest during the day /joining efforts- perhaps revisit this. Hae Sue will find out who to talk to. Update: Karla said that Sara Ward/leadership have Carnival..

Next meeting Nov 9<sup>th</sup> 12:30 in the Commons

Janis will share her pecan fall mix recipe from mtg.. Not claiming it to be super healthy, but darn it is good.