

Wellness Committee Meeting 4.12.18

Janis's Home

Attendees: Janis, Meredith, Maria, Maritza, Erika, Marcela, Hae Sue, Sabine

Date is on everyone's calendars : **6/13/18**

Start having meetings EVERY WEEK asap- will rotate homes-Janis will assign. If it doesn't work you can just swap or find an alternative place (library, Arete building, big table at Sbx, whatever)

4/19- Meredith hosts

4/26- Alexis hosts

5/3-Sabine hosts

5/10 -Erika hosts (dry run-exercise)

5/17 – Martiza hosts (dry run-mindfulness)

5/24 – Janis hosts (dry run-nutrition)

5/31- Hae Sue hosts

6/6-Maria hosts

6/11- Marcela hosts (Monday)

Dry Run – **deadline: 5/17**, each booth will schedule a week, or a separate session if needed

Debbie review-**Hae will sched review of booths/content with Debbie**

Janis sent Sabine the word doc of the flyer

WINS!!

Maria said Jeff will donate printing service again

Janis- LWPT on board, SKinny Pop donating 300 bags

DeRu- Marcela-spoke to manager, will think of how to make something work

Maria- her mindfulness person teaches them to practice- "mind is boat, breath is the anchor", she is \$300, Maria's mom said she would sponsor this station, Maria Elena- thank you! ,

Sivie Suckerman she will be in the relaxation station, **Maria** will negotiate w/her \$300/hr high?

Erika- meeting Sara on Monday w/some kids- will discuss social media, updates on vendors, and the Xbox Dance Booth (details)- need a capable adult to manage the responsibility of this booth

WonderBag- Sabine, incorporate at school in some way? Preserve energy/sustainability , educational booth at future WFest?

Cereal booth- comparison-

21 Acres- committed to be there and staff it- camp? But what to do ? Farmers market on onsite. Would like to have this station promote what they do best- encourage eating whole foods/grow your own/circle

Can 21 Acres- do a planter, hands on? Soil? Growing our food. **Meredith will pitch it**

Barbie said Whole Foods wants to get more involved in schools-can they help w/ food?

Community garden – Kirkland wants to do one again, could we do a planting garden on site? Not in time for Wellfest, but **Hae Sue** can check if Debbie would be open to concept next year

Day of WellFest: We started 10:30, after 11 timing, End: 2:30

Budget Updates from Board—Hae Sue—

Going to revisit to increase the budget \$1000 a big ask? **Hae Sue will go back and see if \$1000 total for WellFest next year works.**

Backpack \$300

The school is not about uniformity- likes the idea of suggesting rewards? But Debbie wants to here the proposal

Turkey Trot idea- \$50 – reminded Hae Sue to tell board purpose of this money was to feel part of a team and unify (stickers? Tattoos?something visible) has nothing to do with physically running together- it's being able to identify each other

Meredith will be our new VP of Outreach for PTSA next year- Congrats!!

Bracelet making- **Erika** will research and add wishlist items

Christopher – Sabine's 16 yo son that can help with the Xbox station?

Raffle Station-Sabine (check w/Maritza , she did it last year)

Meredith- Fit Bit friend, will check back

Next meeting 4/19 at Meredith's house: , 1625 10th St. W (park on street, walk down hill)

