

Wellness Committee Meeting

Maria's house, 10.30.18

Janis, Hae Sue, Alexis, Maria, Angela, Meredith, Erika

Turkey Trot – (Meredith) posters made and hung up at school

Janis will send last year's flyer to M & E

Committee members send an email to their friends with the url

Meredith will create an email for us to fwd

Erika ordered 48 bandanas to hand out

Need to find out if we have a meeting place- where that is

Hae Sue can do custom banner for Turkey Trot- will get it up tmrw

Natasha – need to update webpage- Meredith will contact her

Postcard to Ryan to share with staff- Erika

Amazon Smile- reminder for P Gram w/url, we should all share w/our FB friends

Janis- gave update on meeting with Barbie and Marcela- reviewed ideas to share with Ryan Bond

1/making healthy snacks 2/positive messaging seemed like good starters we agreed

Paralympic-military? overcame obstacles- speaks at schools, Ben Franklin/Alexis, Casey?/Hae Sue

Vaping- doc speaker – lungs/photos

Forefront- Maria signed up for program- helps teach anxiety, healthy vs not, conversation skills, more parental focus, would need to find delivery method for kids

Screentime- group of kids voluntarily gave up social media for a month

Positive messages on the mirror in the restrooms, and on the stair risers at school (Hae Sue will test)

Re-enforce verbally expressing kindness

Flyer for student incentive program – put in staff mailboxes?- Hae Sue will show Debbie

Katalyst – Malik- perhaps can speak at a future meeting or in Bond's class, will get his PRZ

Janis will get PRZ for girls from North Brunswick PD that they are starting to show in schools