

Wellness Committee Meeting 11/17

@ Kirkland Public Library: Janis, Meredith, Hae Sue, Maria, Barbie, Marcela

Turkey Trot Updates-

48 bandanas for participants, Meredith has them

2 sweatshirts from Erika- what are these for? Donation?

Puddle jumper statue- meeting spot – 8:30 am can we message everybody this info through Hopelink?

PG, Insta already done, will do again- Meredith- will update Sara, also Natasha for FB

Are any teachers joining us? None registered as far as we know

Bring trashbags-Meredith

Signage- (2) A Boards (Marcela), signs (Hae Sue from PTSA room), Maria will put together w/new

verbage, Maria - balloon

UP to 40 registrations now!

BARBIE- “Make My Day” Project

Positive Messages to share w/others- Smile, I am a Friend, Be Kind, You are Awesome, etc

Target : EARLY JAN launch

Work w/health class and builder’s club per Ryan?

White house paint over old signs and acrylic kids write over that, Maria has house paint

Sherwin Williams- donate paint? Brushes/rollers

City placement-Barbie will let city manager know this is coming

Sign ordinance- know where you can’t place them- medians

No sidewalk/right of way signs/

Private property is ok

Downtown planters are ok,

At School- planters , bench in parking lot, bathroom mirrors, stair risers

-Branding the signs with a hashtag or purple border

KIND campaign- Yvonne, Buddy Bench idea/Maria

Other programs for Ryan

Blenders- 28 kids in a class, smoothie contest by teams, choose from a category of foods- ie -pick 1-2 from each of 3 categories

(fruits/protein/additions/liquid) Marcela has 2 bullets,

Who will provide the ingredients- Imperfect Produce donate? WF/MM gift card leftovers.

Who will present the info?

Dixie cup sized samples

TBD on the rest for next meeting..which is 11/27 @1pm. Location?

12/11, 12/18 -- anyone want to host?

