

Wellness Committee

June 9, 2021

4:00 pm

Present: Steve Poole, Tina Malzahn, Keith Seybert, Macy Merchant, Michael Donovan, Madison Poole, and Matt Wenzell Jr.

Absent: Matt Schurman, Alyssa Huntley, Kevin Heye, and Amy Jaster

Minutes:

Went over the wellness policy for the district. This led to many different comments from the committee regarding the policy

There are still standards for fundraising in the schools

Food service is a resource for the district as well

Please consider food service for fundraising

Elementary PE can sometimes be used as something students are kept from for disciplinary reasons

They should not be kept from recess either

No closed lunches that stop students from recess either

The opt-outs for marching band and varsity sports was also discussed

Lifelong Fitness is a prerequisite for Team Sports and Conditioning and Weight Training

This could be changed for juniors and seniors

Health class discussion was based around SEL

We need more resources for students who have anxiety/depression

There was even a question about health in the middle schools