

Wellness Committee minutes

6-6-2018 @ 2:50pm in the HS Cafeteria

Members present Office Grant, S Fiebelkorn, T Brown, S Cleary, R Nasal, A Cross, B Petit, S Chau & S Mierzwa

Chose the week of January 14 - 18 2019 as Wellness Week

Wrote our mission Statement:

"It is the mission of the Forestville Central School District Wellness Committee to promote, establish and maintain an environment that encourages lifelong commitments to physical, mental and social wellbeing through our community"

Goals

To identify where positive changes can make a difference To encourage habits of wellness To provide opportunities for staff, student and community wellness To inspire and empower individuals to take responsibility for their personal health and wellbeing

Next meeting will be Wednesday, September 19, 2018 @ 2:50pm in the HS Library

Meeting adjourned @ 3:30pm