

## Wellness Committee meeting minutes

A meeting for the Wellness Committee was held on 11/18/19 at 2:45 in the Forestville High School Library.

Present: Sheila Fiebelkorn

Brandi Pettit

Brady Deuink

Javier Figueroa-West

Emma Cole

Mr. Grande

### Items discussed:

- Wellness Week – January 13-17, 2020
- Ideas for high school for Wellness Week
  - o Monday – Mental Health Day – noticing acts of kindness
  - o Tuesday – taste test a new food in both schools for lunch
  - o Wednesday – Wellness Fair
  - o Thursday – possibly have a student dressed in hornet costume to go to classrooms for a quick fitness class
  - o Friday – possible PJ day in both buildings
  - o Possibly have high school teachers offer extra credit for attending Wellness Fair.
- Ideas for elementary school for Wellness Week
  - o Teachers do a health related topic in class and make posters for hallway or decorate door
  - o Have a student dressed in hornet costume to go into classrooms for a quick fitness class

Next meeting scheduled for 12/18/19 at 2:45 in the high school library

Meeting adjourned at 3:25PM.