**Health and Wellness Committee**

**Minutes from Thursday, November 15, 2018**

***In Attendance:*** *Chrystal Roderick-FH/SMITH; Kathy Williams-GP-Nurse; Melissa Balchak-AGS; Tim Dye – HS; Troy Golden, Administrator;*

**Building Reports:**

**ALW** – *Not present*

**FH** – Students are doing basketball and parachute activities in PE. The school has a Calendar Party planned.

**GP –** Biggest Loser is being done among staff. River Hounds Soccer Club will be in the school three days to demonstrate soccer skills.

**MAS** – *Not present*

**SMITH –**Planning Holiday Hoopla with PTO.

**AGN-** *Not present*

**AGS –** Walking during enrichment period.

**AGHS** – *Not present*

**Parent Representative –** No report

**Adagio** –*Not present*

**Fayette Drug & Alcohol –** *Not present*

**YMCA –** *Not present*

**Central Office** – No report

**Old Business: - None**

**New Business:**

**District Wellness Night –** The committee members discussed having Jackie Core and the YMCA assist with planning for the Wellness Night. Suggestions were made to perhaps have a Kids Yoga and a Parents Yoga session, as well as various stations with fitness instructors where you can collect a raffle ticket.

In order to increase participation, a raffle will be planned. Committee members suggested that the items purchased have a price limit, with schools contributing money to be used toward the purchasing of these items. The assistance of PTO members could help with this.

Consideration is being given to having the event outside since it will be in the spring. This would allow a possible running contest or other physical activity to be held. It was also suggested to have a dance station with a DJ to draw more participants.

**Adult Participation –** The committee will be looking into possible employee health and wellness activities that are supported by Highmark.

**Newsletters –** The following schedule has been established for the Health and Wellness Newsletter for the remainder of the year.

***We need one committee member to cover May. Please email Rose Smochinsky if you are able to cover that month.***

December – Chrystal Roderick

January – Melissa Balchak

February – Kathy Williams

March – Troy Golden

April – Kim Riley

May - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Next Meeting: *Thursday, January 17, 2019 at 2:00 PM at Central.***