

Wellness Committee Mtg – 9/15/15 4:00pm-5:15pm

Attended: (12)

Michelle McGowan

Mary Jo Gruber

Barb Daves

Greg Batenhorst

Stacey Phelps

Alice Morrison

Robin Fultz

Lori Rice

Tina Murtha

Debbie Reilly

Angela Flotken

Matt Chaney

Michelle talked about

New Menus

Nutrislice.com app – which details schools' menu every 15 minutes and calories, nutritional information, etc.

Parent Feedback on ala carte

New list ala carte for elementary schools

- graham crackers

- popcorn

- ?

All offered 2 days a week

Classroom snacks –

What are alternatives to candy rewards still be given by some of the teachers

- Memo on this to go out to remind teachers

Angela suggested the schools were pushing snacks and also this is taking up valuable lunch time

MJG addressed:

Introduction of intramural sports, ie volleyball to help get staff inter relating and also to bring more men into the wellness/fitness activities as most participants in the Fitness sessions offered are female.

Triathlon:

Past years approx 144 children participated 50% were Clayton students

- \$45 per child – it was suggested possibly offer early registration to Clayton students for a \$5 discount to incentivize participation

Movie screening of Fed Up was brought up by Angela.

Policy explained and addressed in general what we need to do with the policy tonight.

- Also explained how the policy and procedures relate and exactly what information was to be in each.

Greg B. suggested the procedures would be best if completed by the end of the semester (suggestion only)

MJG suggested we meet Sept January and March

Policy should go to BOE next meeting(?) w/o any changes to the MSBA Policy recommendation

Committee to discuss Procedures in January – Coordinators will make suggestions at that time after they have had an opportunity to review and discuss.

Greg Batenhorst:

Explained the Strategic Plan and how it related to the Wellness Committee/Procedures

1) Nov 17 – PTO mtg WMS at 6:00pm

- Internet Safety

- 2 presentations based on age levels of kids

2) Student Drug Use/Abuse Task force has met 4x's

Community Kickoff around November sometime.

3) Mental Health Issues

- 2 ea Social Workers/Interns

- Brown – Wash U

St. Louis County Children Resource Fund – Michelle M

Angela – Alliance of a Healthier Generation

Michelle M – we get \$ from Healthier US School Challenge

- Also mentioned Garden Association

MRH Seed to table program was discussed as well as how they can afford it ... also discussed viability in Clayton and what it would take to make something like that to work in our District.

Adjourned 5:15pm

Talked after with Lori Rice also about possibility of offering group personal training.