

Wellness Committee Notes from November 18, 2016 meeting.

Attended by: Eric Meloche, Terry Breen, Philip McAndrew.

We reviewed the Wellness Policy and made sure we did not want to make any changes to our current policy. Our wellness policy was updated to include new snack and food regulations from the USDA

Gobles Elementary

This year they will be doing the following

Track and Field Day in May

Girls on the Run

45 minute PE classes every other day K – 5th grade

25 minute recess daily

CHOICES – Health/Nutrition Curriculum

Doing research in setting up a walking track around the playground. This is being discussed with Parent's Club.

Project Lean will be doing activities at the elementary once a week during the spring.

HSMS

This year they will be doing the following

7th Grade PE on semester rotation

9th – 12th grade Physical Education Classes. Wide variety of classes students can choose.

7 – 9th grade health classes.

40% of student body participates in athletics

MS Track and Field Day in May

Bike-a-thon fundraiser from the Biology club

Open Weight Room mornings, afternoon and evening for students, staff, and community.

Clubs and Organizations that are offered at Gobles Public Schools District that promote wellness by engaging students in activities that will keep them active.

Boy Scouts, Cub Scouts, Girl Scouts, 4H Club for K- 12, Ski Club for K-12, and Robotic Club for MSHS. These groups also go along with the youth sport programs that are organized and promoted in our community and supported by our school district.

Community

Community Service Clean up day. The school district will go out and walk through town and clean up from the winter season. This will happen in April.

Talked about possible fund raising activities that can be done that are also healthy fund raisers. Examples were Walk a Thon, Runs, Basketball Competitions.

We will post a time for next meeting date once it is decided. General public welcome to attend.