

Wellness Committee Notes from October 15, 2019 meeting.

We reviewed the Wellness Policy and made sure we did not want to make any changes to our current policy that we approved in November 2018. We looked at each area and made sure we are staying in compliance to what we agreed on in the wellness policy and what we are doing in the district. We concluded that the current policy is still up to date with our district and we are compliant in our district to the policy.

We agreed that we are following the wellness policy as a district. Below are areas of activities the district is doing to achieve its goal of meeting guidelines.

Gobles Elementary

This year they will be doing the following

Blue Cross Blue Shield Healthy Grant:

Elementary Wellness Team

Track and Field Day in May

Girls on the Run

45 minute PE classes every third day K – 5<sup>th</sup> grade

25 minute recess daily

CHOICES – Health/Nutrition Curriculum

Active Brain Breaks and movement activities embedded in all K – 2 classroom each day.

ISD – Trauma Initiative for elementary schools

HSMS

This year they will be doing the following

8<sup>th</sup> Grade PE and Health on semester rotation, while 6<sup>th</sup> grade all year PE/Health

9<sup>th</sup> – 12<sup>th</sup> grade Physical Education Classes. Wide variety of classes students can choose. Just added a open weights and conditioning class that can accommodate beginners and advanced at the same time.

6<sup>th</sup> and 8<sup>th</sup> 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 afternoon and evening for students and staff.

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, 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 MSHS will go out and walk through town and clean up from the winter season. This will happen in April.

Promoting more healthier fund raisers such as Walk a Thon, Runs, Basketball Competitions.

Gobles Public Schools is part of the Be Kind program for mental well being.

Meeting attended by facilitator: Eric Meloche

Members: Tommy Saylor, Jeff Rehlander, Chris Miller, and Michael Baynas