

Wellness Committee Annual Meeting Notes
Essex Community School
December 5, 2018

There were thirteen members present at the meeting which included staff, administration, parents and students. The wellness policy was reviewed and discussed. We discussed our goals for 2018-2019. These included starting a walking club in January on Wednesday and Thursday mornings before school during January through May. We also discussed rewards for steps measured on pedometers. We planned to purchase pedometers for all students in grades K-5 using the nurse's fund and other outside donations. A member of the wellness team discussed the possibility of designing a t-shirt for students who reach a certain number of steps. This will be decided by the team once the program begins on January 9th. The nurse will contact administration to make sure we can submit notes to parents and to have gym available two days each week for students to walk. Notes will be sent to parents and community about volunteering to help with our walking club. Other topics discussed included ideas for classroom health activities and adding a non-food items list for incentives in the classrooms to our school website along with a monthly health informational sheet from the school nurse.

We also discussed our current staff wellness. This included an eight week "Wellness Challenge" competition which included 23 staff from Essex and Stanton Community Schools. Prizes were given weekly, along with a grand cash prize for two team members who had the highest percentage of weight loss. We will also be doing a "Zero Gain" competition over the holidays, December 21-January 3rd. Staff will weigh-in before our winter break and weigh-in when they return back to school. All staff who "gain zero" over the break, will have their names put into a drawing for non-food prizes. We will have another eight week weight-loss challenge in the Spring. Competition will be decided by the wellness committee.

Health updates were discussed. School nurse will email weekly to staff which include influenza updates. Also discussed the possibility of sending out "Nutrition Nuggets" to families on a monthly basis. This will give ideas for families on exercise and eating healthy.

An annual influenza clinic was organized and held in October. Fifteen staff and students participated in getting the flu vaccination.

February we will focus on oral health which will include dental screenings, fluoride application, and dental sealants completed by the school nurse and Taylor County Public Health I-Smiles program in the elementary. The school nurse will give a dental health presentation for 8th graders to discuss the 9th grade dental screening requirement.

March will be focused on "National Nutrition Month." We will meet as a committee to discuss healthy food ideas to incorporate into the classrooms.

In April, the nurse will instruct senior CPR training required by the Department of Education.. Elementary play day and bike rodeo for students in K-5th. Obstacle courses and other activities/exercises will be discussed.

The committee will continue to look into other health encouraging ideas for the second semester of school to support our wellness policy.