

Plymouth School District - Wellness Committee Meeting Minutes

April 11, 2018

In Attendance: **HZ:** Katie Miller, Cady Meyer, Dena Budrecki

**PV:** Andy Arensten, Denise Roth, Christine Vetter, Lori Schaub

**FV:** Shaina Kretchmer, Anne Nelson, Jean Hoffmann, Roy Schwab

**RV:** no representation

**HS:** Anne Gamoke, Carly Lenz, Mary Rank, Kamie Gritt, Caren Johnson, Michelle Urbanck, Laura Grunwald, Lucas Cleary

**Parents:** Jane Uraynar HZ, Erin Schad HZ, Ashley Dobbestin HZ

1. Meeting called to order at 4:04 pm. Introductions were made.
2. Approve Minutes from March 14, 2018 Motion to approve, Anne N, 2<sup>nd</sup> Shaina K, Passed, minutes approved
3. Review Staff Wellness Initiative-
  - A. Spring Olympic Challenge winners were announced. 70 Participants/ The following participants will receive a gift certificate to Moraine Gardens. Parkview being the overall building winner is receiving a small cash reward to go towards their fundraising efforts for a water bottle drinking fountain station. FV: Roy Schwab, HZ: Barb Hunter, PHS: Lisa Keys-Dulmes, PV: Therese Unger, RV: Keely Mey
  - B. May 16<sup>th</sup> is the National Employee Health & Wellness Day. Goal is 100% of district employees to participate in 20 minutes of physical activity that day. Each building will need a captain to help promote. Parkview : Christine V, Fairview; Shaina K and Roy S, Horizon: Cady M, PHS \_\_\_\_\_, Riverview \_\_\_\_\_ Community Ed is also working on several initiatives to help promote the day.
4. Review Parent Interests / Building updates –
  - A. Breakfast snack addition to Horizon. Principal Dena B did an online survey to families send out over break. Feedback so far has been positive. Next step is to work with HZ teachers, Principal, and Food Service Director to work on timing for each class. Program to hopefully start next school year.
  - B. FV and RV– Laura doing worm composting with the kids in the classrooms.
  - C. PV – composting in the lunchroom has started along with composting after breakfast snack. Announcements are made each day to students to know what to compost for the day. Currently 17 girls in the after school running club. Fresh compost was delivered to PV outdoor garden this week. Come on warm weather!
  - D. Comm Ed – Kayak class in May, great way for family fitness. Summer catalog out soon. Laura and Adrienne hope to do replanting later summer for garden items to be ready when students return in fall. May 12<sup>th</sup> is the Local Food Fair and PHS Green house plant sale.
5. Student Wellness Sub – Committee Update – Group is working on updating healthy concessions list along with links and suggestions for ways to give healthy choices for fundraising, school parties, and birthday celebrations. Hope to have website / weebly updated by beginning of May.

\*\*There will be no May meeting for the committee. Next meeting in August, TBA, looking for student representation.
6. Adjourn at 4:47 pm

Respectfully submitted by Caren Johnson