

Wellness Meeting Notes
Wednesday January 20,2016

Introductions: Welcoming a first grade parent to her first meeting. Please welcome Katie Swathwood!

Principal: Wellness Notes

From Tara

- *Fruit and Veggie Chart*

We are very excited that we have had many fruit and veggie reward parties. The students and staff are giving positive feedback. Tara will continue to share the excitement with all grades in hopes to get even more upper grade participation. A huge thank you to Lori Gill for all of her help to make this a great program!!!

We would like some ideas on how to get our fourth and fifth graders more involved in packing good lunches for themselves that include fruits and vegetables.

- *Taste Test Tuesday*

Thank you to the parents that assist with this activity. You are awesome and the kids and staff thank you! What a great way to have students experiment and try new food.

- *Recycling*

Thanks to Jennifer we will kick-off the recycling club with Grade 5! We have a can, recycling signs, and students to begin in February during Grade 5 Friday lunches.

I have tweeted a picture of our first Ridgewood cafeteria recycling can on wheels! Jenny will be making a large sign with velcro attachments so that the students know what to put into the recycling can, and we can change them periodically. She will be meeting with the 5th graders to have two volunteers to help encourage the students as well. This will be the week of the 15th, she will be there everyday except Friday the 19th for when I will be there to help.

- *Holiday Classroom Party*

Thank you to all the parents that brought in food and we appreciate your support in bringing in foods that were healthy and safe for all of our students. We will need to discuss with the PTO and feedback from the wellness committee if we want to have the same food list or switch it up a bit with more healthy foods and ideas.

Nurse Report: Robin Trafford and Carly Baker

Gardens: Gina Minameyer and SACC:

We are losing Gina to our friendly state of North Carolina soon, and are looking for volunteers to coordinate the upkeep in the gardens.

Front and side planter boxes: Gina, Mrs. Schmit and parent volunteers would come on a weekend to help pull weeds, and put new flowers in the front.

Interactions with classes and gardens . Fruit and vegetables. I have asked her for some ideas to help us with future years here at Ridgewood once she leaves.

Carn A Fair : The Wellness Relaxation room will be needing supplies and volunteers to make this year another success! Every time you volunteer you get a ticket for the raffle, there are great incentives this year for all of our volunteers. Ideas and help are highly needed. Please contact Lori Gill to help with this great room! email: haydenandbrody@hotmail.com

Glo Run: 4/22 : Ideas on more involvement as a group?

Ms. Schmidt ok'd us to do a post race snack, (bananas or parfaits) for the first time this year that would not compete with our food trucks instead to promote healthy eating with our students and their families.

Parent Involvement:

It was brought to our attention that the salt packets in the cafeteria are being used by students not knowing about the health concerns regarding salt consumption. A lot of our food is already heavily salted and highly processed and having the salt in the cafeteria is a large concern. Tara is aware of the concern, and will be monitoring when, and how many salt packets are being consumed.

Ridgewood like all district schools have one recess. We as parents are concerned and looking for more active ways our students can be rewarded during the school day. *After school activities, more gym time, extra recess for rewards, exercise in the classrooms, exercise bikes and more ideas are welcome.

Ideas on the table:

Couch - 5K Run. Fundraisers, Screen Free Week, Earth Day, see attached letter.

Next meeting: Thursday February 18th at 4pm in the Media Center. Would love to see you there!