

Wellness Meeting Notes
Wednesday February, 22 2017

- ◇ **Introductions: Thank you all for coming!**
- ◇ **Special guests: Kyle Mahan and Debbie Youngblood**

- ◇ **Principal report:**

- ◇ **Nurse report:** None

- ◇ **Taste Test Tuesday: *Jennifer Allen***
 1. Jennifer is having fun leading our monthly tastings. We are so happy To have her join our team!

- ◇ **Recycling: *Jennifer Monahan***
 1. Postponed letter regarding Rumpke till later date.
 2. Attended Leadership Club meeting and students willing to help promote Recycling in the lunch room.
 1. They will put a sticker on the floor to show students and staff on where to put the recycling bin in the lunch room.
 2. The students will also change our wellness bulletin board to show That this month of March we are concentrating on recycling milk Cartons.
 3. Trying to get teachers to possibly walk around at lunch with the recycling bin to encourage students to recycle. Following Mr. Fowlers lead.
 4. Will be presenting the 5 second rule game to SACC for thanking them for emptying all the recycling bins in every room and taking them to the recycling dumpster every week.

- ◇ **Lunch Room: Offer vs. Serve:**
 1. Would like to move the SHARE FOOD TABLE to a different location. Students are grabbing them before cashing out at the register and students are getting up constantly at the table closes to the share table.
 1. Move near the KLIP table is a possible solution.
 2. Asked Kyle if Ridgewood could be the first elementary school to use trays instead of Styrofoam.
 1. He will touch base with Cliff H. and get back to us.
 2. We would use trays the size of the Styrofoam trays we have now.
 3. Breakfast is getting a new promotion. Dawn in the lunchroom has

Provided rewards for students who finish their breakfast to promote better health and brain function. Students are doing very well and more are coming in to eat.

5. New veggies were proposed to Kyle. Snow peas are being looked at as an alternative.

◇ **Gardens: *Ms. Schmidt & Michelle Drobik***

1. SACC staff member Riley will help with Bobby to help again this year with the garden. Bobby will meet up to till the garden again this year and we will use his sander to remove the red paint.
2. We will have a meet up with our Boy Scout troops and volunteers this upcoming month.

◇ **Fruit and Veggie rewards: *Mrs. Grove and Lori Gill***

1. 2 classes finished their charts and were served baked parmesan zucchini.

◇ **Student Health Bulletin Board: *Robin Hersha and Lori Gill***

1. Month of March will be the Leadership Club's responsibility to change Our board to promote recycling. Milk cartons to be a priority this month.

◇ **Earth Day: *Saturday April 22***

1. "I Promise" cards were made for students to fill out during the week Of Earth Day.
2. A couple volunteers will be in lunch room to promote recycling the Friday before Earth Day.

◇ **Roadrunner run with CAF:**

1. SRUMC will be there for our water station on the coarse and at the finish Line.
2. Wellness committee will have oranges, bananas for the post race snacks.
3. We will also provide the compostable cups to have recycled at the finish line. Our recycling bin will be out there for the race.

◇ **Web Page:**

1. Our tasting schedule is now on our website on the front page to promote Volunteers.
2. Lori will be emailing Mrs. Cave some documents on wellness, activities and healthy clean eating to post under our wellness section. Similar to Hilliard Crossings website.

◇ **Yoga: *Keisa Lee***

◇ Face book Page: *Lori Gill*

Like us on FB @Ridgewoodwellness

◇ Old Ideas/New Ideas:

1. Next meeting will have a discussion with Mrs. Grove about changing our lunches to a possible *5 minute finish it up * or a *10 Minute NO talk, EAT * lunch idea.

2. Next meeting we will discuss Flag Football along with an April PTO meeting to promote the event.

◇ ****Getting fruit and veggies as snack baskets in hallways. **Bring your parent to lunch day (Kiwi Mag). Health fair. Open Gym day on Saturday, PTO Walking club. (Before school or during recess once a week)**

Next meeting: April 5 2017 at 7pm in the Media Center