

Wellness Meeting Notes Wednesday May 10, 2017

◇ **Introductions: Thank you all for coming!**

◇ **Special guests: Debbie Youngblood**

◇ **Principal report:**

- Mrs. Grove is very thankful for all that we have accomplished and is so proud of our students, staff and parents

◇ **Nurse report: None**

◇ **Taste Test Tuesday: Jennifer Allen**

- We have a rough draft of what our tastings will be for 2017-18 school year. Thank you Kyle.
- Email will be sent out regarding TTT portions that we need to cut as volunteers. Some are too large and not enough so that the volunteers take it upon themselves to cut them to make them go further between classes.

◇ **Recycling: Jennifer Monahan**

- Leadership meeting regarding our milk cartons recycling was a huge hit. We will be contacting Mrs. Prince to come in again in the fall of next year to promote our lunch recycling.
- Thank you to Kyle and the perseverance of our group to keep pushing to stop using our styrofoam trays. A couple cases of a molded fiber tray have been ordered to replace the foam trays now. We are going to start this experiment with Horizon Elementary.
- Jennifer and Lori will reserve a date in the fall to remind and re promote our recycling program with our students.

◇ **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.

- Food waste is a very large concern with this group along with our lunch ladies. We are looking to possibly working on a compost station, or a new recycling center to divide : Plastic, paper, garbage and compost.
- Composted waste from our lunchroom can also go to local farms. Research on the farms will be looked at next year.
- We have come together to apply for the Healthier School Challenge: A Smarter Lunchroom challenge through the USDA

◆ **Lunch Room: Crunch Time**

- Lori will check in with Darby Creek Elementary on their flexible lunch program. Object being: Lunch is social, a time to eat, and make it a pleasureable experience not a negative experience.
 - Possible calm music played softly for a peaceful frame of mind.
 - A 5-10 minute eat and enjoy your lunch time. This is a time for quiet time eating at the end of the lunch period.
 - Work in progress.

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

- Looking for new garden grant for next years 2017-18 garden.
- Garden looks great. Our gardening club is working hard on weeding, planting and watering. Please see it on Twitter @RGWgardens1
- SACC is also taking care of our front garden , please see their progress on Twitter @RidgewoodSACC.
- Sign up Genius will be in motion in the upcoming week for our group to give a week out of their summer vacation to help out and harvest, weed and water.
- Rain barrel will be used by SACC for our front garden. Bobby Vinburg is looking to get the front downspout to be plugged into the barrel for more efficient rain water to fill the barrel.
- Students have planted beets, strawberries, basil, tomato, carrots, peppers corn and watermelon!

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

- We are looking to propose to the PTO to fund these rewards again for the 2017-18 school year.
- Change for next year: Once a month we will check in on the classroom charts. If no chart is found, one will be put into the teacher's mail box.

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

- May had pictures of all of our class Veggie chart winners. Thank you Robin Hersha.
- Fall will have the subject of the Energy Bus and Wellness combined.

◇ **Roadrunner run with CAF:**

- Very successful! We look forward to hearing all the comments from the community regarding our water station and post race snacks.

◇ **Web Page:**

- . 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 : Jenny M will touch base with her on starting yoga in our classrooms for the upcoming school year.***

◇ **Face book Page: Lori Gill**

Like us on FB @Ridgewoodwellness

◇ **Old Ideas/New Ideas:**

- **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: Wednesday September 20, 2017 at 7pm in the Media Center