

Wellness Meeting
Agenda
September 21, 2016

Introductions:

Special Guests: Debbie Youngblood our District Wellness Coordinator and Kyle Mahan our Aramark Food Service Rep.

Principal Report:

- *Very proud of our Ridgewood Wellness accomplishments. Can't wait for our first Fruit and Veggie Reward to be given.*

Nurse Report: Robin Trafford

- *Main concern is the allergies for Taste Test Tuesday. All allergy lists are being updated*
- *Will be contributing to the Healthy Kids Bulletin Board on School Nurse concerns..*

Taste Test Tuesday:

- Starts October 11th . Please sign up:
<http://www.signupgenius.com/go/30e0e48a5ac2da20-taste>

Recycling: Jenny Monohan

- Mrs. Grove is checking on status of a second recycling can for the lunch room.
- Share Table will be implemented in the upcoming months for students who wish not to eat certain school lunch items. Others are encouraged to grab them as they desire.
- Paper recycling has started again through our SACC students. ****Need names of the two student helpers****They collect papers set out by the teachers on Wednesdays and Fridays and take to the recycling dumpster.
- We would like to change out Republic recycling company to Rumpke for better support and better commitment. Will be touching base with Cliff at District level.
- Powerpoint video wanted for model for other schools to be uploaded to our google drive.

Fruit and Veggie Rewards:

- We have a budget.
- Charts are up and being filled. Flyers are posted, more being made.

Gardens:

- Ms. Schmidt's Gardening Club : Friday for the next 3 weeks.
- Twitter: RGWgardens1
- Need date to commit to clean up Iris plants by Ridgewood sign and possibly childrens garden.



Like us on Facebook: @Ridgewoodwellness

Meet the Teacher :

- Table was successful, need to make sure it's done next year as well.
- Volunteer sheet with brochures and stickers (for kids)

Meeting Times:

- 10/27 time was moved to November 2nd at 7pm.

Carn A Fair : March 4, 2017

- Volunteers will be needed. Will need to discuss more specific items closer to date.
- Caroline Gatsch will be helping to coordinate the room this year.

Fuel Up 60: Flag Football **Ridgewood Roadrunners**

- Products have been delivered and dates in the winter months on three thursday evenings will be proposed to Mr. Fowler.
- SUG will be activated when dates are approved.
- Wellness Training in Cincinnati 10/4. Letter went to teachers today to get a team Ridgewood in place.

Teacher Appreciation: Usually first week in May

- Fruit cart idea was liked by Rebecca Jacobs our PTO Hospitality Coordinator.

Roadrunner Run: April 21,2017

- Water will be discussed closer to dates. SONS Ministries would like to take control over this position.
- Post Snack is still an option. Further discussion will be closer to the race date.
- Volunteers will be needed .

Student Health Bulletin:

- “Fall Into Healthy Habits” based on our curriculum: Be active, Be healthy, Live in Balance and Take care of yourself.
- Possibly when the new trays appear in the lunchroom we will display a tray and show helpful hints.

New Upcoming Ideas in the works:

Work station pedalers:

- Special Education teachers want them to try.
- Looking for funding through different programs to have the Pedal Desks.

Lunch Room: Lunch trays

- Is a GO!! Our lunch ladies are ready to get rid of the styrofoam trays. Kyle from Aramark will be ordering our trays and putting together a drying rack.
- We will introduce this new idea to each grade upon getting our new trays.

Dinner Out: **On hold **

- Meet with Kyle and Tara
- Menu
- Date, time and location.
- Food prep and monies

Next meeting: Wednesday November 2nd @7pm in the Media Center.

News~Blogs~Movies: Recommended by Mrs. Schmidt (Stalter) Kids Menu movie. “Lunch Hour” with Rachael Ray is another great documentary. Also suggested is “Tapped” you can find at the library and “Bag it”

Ideas on the table: Couch 5K Run. Fundraisers, Screen Free Week, Bring your parents to lunch day (Kiwi Mag), Family obstacle courses, 30 day fitness and fundraising challenges, Teacher-Student competitions (basketball, frisbee, volleyball, baseball)Earth Day,.