

**Student Wellness Advisory Team  
December 6th, 2018**

**Mission:** The mission of the Student Wellness Team is to educate students, parents, and staff to promote healthy lifestyles and environments in order to improve their health and performance.

**Purpose:** To provide education and promote healthy lifestyles and environment to improve the health and performance of students, parents and staff.

**Expected Outcomes:**

1. Welcome Committee Staff members
2. Presentation from Maggie Graf - Kidney TLC Grant
3. Updates from our AC and EPS Nurse
4. Student Wellness Discussions
5. Review Updates on Sites

**Upcoming Dates:**

2/26/2019 Northview School 1:00 PM  
5/6/2019 SSD Board Room 4:30 - 5:30 PM

**Starting Time:** 9:30 AM

**Ending Time:** 10:30 AM

**Location:** Neuwoehner Conference Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	5
Nursing Updates Clinic Updates, Exclusions, Flu shot Update, Exhibition in December,	Conley/Gillham	10
Student Wellness Discussion	Neuwoehner Students and Group	10
Site Wellness Updates	Pendergrass/Group	10
Review Site for suggestions American Ninja Course	All	5
Presentation on Risk Factors for Kidney disease, Obesity, High Blood Pressure	M Graf	20
Other information: Firehoses		

Students:

How/when use cell phones

Certain vegetables will not eat

Lactose intolerants

Want to bring back chocolate milk.

Way too many Team 1.

Uniforms not regular clothes. Always look proper.

Sports – basketball team

Updates Wellness activities:

Sodexo – Litzsinger good progress, seem simple but are doing very well. Brought Peeling machine, increasing speed of service, produce distributor, carts to classrooms, roasted butternut squash went to class to class and did a survey to put onto memo, roasted cauliflower. Interested in doing focus group – food tasting. Teaching tools also.

Ackerman – Field trip to trampoline part. Shut of places for students in wheelchairs. In the fall out into neighborhood they Rake leaves. Missed the opportunity for this year with the colder weather.

Tony – ½ fishing each semester. Kick ball tournament. Minute to win it tomorrow. Tricycles 20 kids participated...hard to get kids on and off bike. 8 wks 16 students partnered with another student from another class.

Nurse – Health screening Blood Pressure, Height, weight. Health promotion having photo booth. May do cook book.

Nurse – Screenings as well, theatre production for 30 minutes.

Sport – working on basketball camp, would like to continue with Ninja. Goes along with gymnastics. Students really enjoyed the rope.

Tony – would like to talk to Neu about Ninja.

