

**Student Wellness Advisory Team  
December 6th, 2019**

**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. Updates from our AC and EPS Nurse
3. Presentation, Angela Meyer - We Bold Souls

Upcoming Dates:  
                   2/18/2020 Location? 1:00 PM (Ackerman)?  
                   5/4/2020 SSD Board Room 4:30 - 5:30 PM

Starting Time: 10:00 AM	Ending Time: 11:00 AM
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Location: Neuwoehner Conference Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	10
Nursing Updates	Conley/Gillham	5
Presentation: We Bold Souls	A Meyers	45
Other Information	Pendergrass	5

## Welcome/Introductions

### Students at Neuwoehner Wellness

- Well – PE is ok. Events – Bowling, earn metals
- like the most bowling
- Health class – boring
- Food – Pizza for lunch made change put peppers on it. Sneaking peppers on it for veggie. Change to hamburger?
- We can only have 1 pump ketchup, 1 pump ranch dressing. Because of High calories and sugar. Love Strawberry milk but we can't have it...
- Veggies like – only salad and Yogurt – good.
- Added activities? Yoga

Southview - getting a walking track.

Northview - Fishing, music concert, book fair, trivia night. Cheerleaders, screening, hand washing

Litzsinger working well with the other coach

### Nursing updates

- A lot of participation in flu shots this year

### Presentation: We Bold Souls

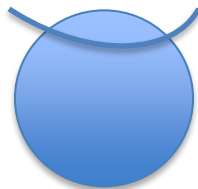
#### Present

- Senses game eyes, ears, nose, taste, touch

#### Gratitude help someone, thankful, appreciating

- Why do we want to be grateful? makes you be a better person, happier
- Men and women in army forces, thankful for them.
- Feeling sad lonely – remember love and joy into your mind while feeling that way. Work through that make you happier.
- Be mindful when worried, concentrate more, and be kinder to others. Keep going when things get tough.

Circle means present – second part looks like smile – represents gratitude



We Bold Souls = Angela Meyer, Founder [angela@weholdsouls.com](mailto:angela@weholdsouls.com)  
314-649-7098

In presence there is fullness:

Presence is a sign of reverence for the people and circumstances before us, an acknowledgement that this moment holds purpose.

In gratitude there is joy.

Gratitude reveals the beauty in the present, releasing love within us. It is the shortest path to a higher level of living.

Together they bring peace.

When we have fully lived and appreciated the moments in the everyday and in the exceptional, reflection on the past brings satisfaction. Regret and longing soften. And from a place of peace, we enter the next moment of our lives.

Other information

- Jan taste testing – Dina