

**Wellness Committee Meeting**  
**Tuesday, April 12th- 2 PM**  
**Board Room – East Fairview Elementary School**

Present- Derek Gackle, Melissa Elletson, Nikki Schriver, Wendy Sundheim, Tina Paine, and Cindy Brown.

- I. Mr. Gackle started meeting by reading Policy ABEA
- II. Healthy food options for breakfast, lunch and snack breaks
  - a. Cindy Brown and Melissa Elletson will be applying for School Foodservice Innovation Grants - Round 2 this summer. If received funds to be used for breakfast smoothies and granola/yogurt/fresh fruit breakfast bar.
  - b. Cindy Brown will attend summer workshops and research on new lunch menu items. Our food options were given as meeting all our requirements.
  - c. No changes needed for snack break.
- III. Hydration stations/water bottles
  - a. Teachers will keep water bottles on supply lists to encourage hydration.
  - b. Water bottle filler and water faucets to be added to new jr high wing if bond referendum passes.
  - c. New water bottle filler in front lobby is well used and was a great addition to original water faucet.
- IV. Brain breaks/PE
  - a. Tina Paine shared with group different options to incorporate breaks/physical activity to classrooms and break periods.
  - b. Parents would like to see Jr. High students given a recess or longer break in the middle of the day.
  - c. PE every day is nice for everyone.
- V. We will meet again at the start of the next school year to discuss how these suggestions worked and review the overall plan.
- VI. Adjournment – Mr. Gackle adjourned meeting at 2:35.