

Wellness Committee Meetings

May 8, 2018 Meeting

Those in attendance: Superintendent Karen Gray, Board Vice Chair Sara Kirby, Board Member Dave Carter, Director of Business & Operations Sharie Lewis, Nutrition Services Supervisor Ellen Christensen, next years Nutrition Services Supervisor Tracy McDougall and Sacramento Parent Julie England

Meeting notes:

- How can we intentionally building in more physical activity daily?
- How can interested parents get involved? What venue?
- Meet more often?
- Involve more community?
- SUN
- Fitbits (Unicef)
- Alternatives: desk pedals, balance balls, electives, fun runs, taekwondo, build into school day
- Sports, sportsmanship, teamwork, health fair
- Meet again on a date set after August Board and Superintendent Retreat