

Attendance:
Sara Pickard
Nan Soule
Amanda Walsh
Wendy Berkley
Maggie Larson

Agenda Items:

1. Updates on wellness happenings around the district

- School Based Health Center will likely be approved for the high school (behavioral, physical, dental, etc.) and will be available for all students regardless of medicaid, insurance, etc.
- Ruby Bridges walk happened at Maple Wood
- Maple Wood update on healthy vs not healthy snack sales
- Louise White at highschool is promoting waste-free Wednesday in using sustainable, reusable packaging for lunches.
- SMM van is coming to Idlehurst in the spring.
- Mulligans Grill might be considered a conflicting sale that competes against cafe services. They are cash only and can't use the money in their cafe accounts. Could they do a healthy choice once a month?

2. Wellness Night ideas (Wednesday, March 29th, 5-7pm)

Between now and the next meeting, everyone should access the document below and put their name next to the organizations they can reach out to and add any to the list that are new.

- pasta dinner (funds available) cafe services will help serve, Wendy can contribute the harvest of the month foods for that month (beets, maple syrup?)
- at the highschool- Nan to look into building use form
- flyer- Sara will make

3. Setting up the rest of our meetings for the year- January 18, 2023 3:30pm

4. Ideas for future

- District wide wellness challenge
- Biggest loser
- District wide Jan 2nd day off for wellness/mental health day :)

Link to possible vendors and organizations for Wellness Fair Night

<https://docs.google.com/spreadsheets/d/1kEISIOJEQgEIRNRnBzNEcpid3YM10HSqIuwPB8nnqs8/edit?usp=sparing>