

Wellness Meeting: 9/6/23

Organized and lead by Kristie Summers

- Health and wellness of our students and staff for 2023-2024 SY
- Get posters put up at middle school sites on who students should contact if they are in need of services (District Nurses have posters) Need to have printed and hung.
- Lindo Park being our focus school this year: Hug them with Health- Get with principal Tessa Green to run ideas by her and see if she is onboard (District Nurse, Denise will reach out)
- Focus on nutrition and hygiene
- 2nd graders- nutrition (District Nurses)
- 5th graders- hygiene (District Nurses)
- Set up assembly and expo for entire school sometime in April (District Nurses assembly, CN Farmers market) During school day-Fair
- Have dental exam, famers market, other health venders with activities for the students
- Get with Lindo park on tour set up for 2nd graders to visit central kitchen for healthy eating demo (CN will handle)
- Get with Lindo Park to get garden up and running to its fullest potential- CN- Jen will contact
- Make up health boxes with snacks for nurses offices- Crackers, gram crackers, and waters (CN will handle)
- Business office VERBA classes offered to all staff- Lamia Matti
- EAP and Worklife Service Benefits available to staff- HR-Chris Sinatra