

Wellness Meeting Notes

3/15/24

Agenda: Farmers Market and Health Fair Update

Student Services: Informed the Wellness Community of a community event on Human trafficking on 3/16/24. Asked the committee to help spread the word.

Discussion: The wellness fair will no longer be held at Lindo Park, concerns over the open campus out front and having the Food For Thought farmers market truck. Lakeview is the new possible location.

Date: 5/21/24- time will be determined on location/ 2-hour blocks

TK, K, 1st: 8:30-10:30

2nd-3rd: 10:30-12:30

4th-5th: 12:30-2:30

Event Title: Race for Wellness

Theme: Race track theme

Stamp cards- Race track with stop signs signifying the different booths- Jen will work on the design

Car stamps and pads for each booth- Child Nutrition will purchase

Decorations for the event: Nicole and Jen

Reach out to the Lakeview PTA(President Kiki- Kelly P) to get them involved- Michelle

Extra help available from nursing students: 3 Tuesdays before the event

Nurses to open with wellness talk lead to healthy eating. The presentation from Framer should last about 30 minutes in total... Directions then will be given by nurses to split into the booths to complete the Race for Wellness. (Denise and Michelle)

Booths:

Hygiene and Sleep Hygiene (Hygiene kit along with sleep masks)

Anatomy: Have kids learn about parts of the body and keeping them healthy/ play operation game

Active Meditation: De-stress Booth

Local Library: Possible booth/ Keeping the brain healthy and alert. Turn off the phones and turn on the reading light.

First Aide and CPR Booth: Hands-Only CPR- Denise

Relay to the finish line: 100-yard dash to end with a frozen fruit cup and finish sticker. Drop the completed card into the bucket for a chance at the raffle prize.-Denise(Relay) Kristie(Raffle Prizes)

Supplies: Come to Kristie or Jen with supplies needed

