

November Wellness Committee Meeting Minutes

- **PD days- wellness time for staff**
 - **Poll at team/grade level meeting (PC)**
 - **Send google poll with options**
 - **Walk around town**
 - **Gym activities**
 - **Yoga/mindfulness time**
- **For staff: Good Life challenge-details to follow-fb sign up, input email if interested**
- **Wellness Week with big cumulating event-dates?**
 - **Monday-movement&exercise**
 - **Tuesday- Emotional/ mental health**
 - **Wednesday – Financial wellness(6-12)/hygiene/dental hygiene (k-5) **Donate day for comfort closet**
 - **Thursday – Nutrition**
 - **Friday—relaxation/mindfulness**

***spring expo on Friday as a final event vendors and Madison county bike safety/ car seats/Kidsafe ID**

Good Life Challenge- 10 day plant based whole food challenge