

**Excelsior Springs School District
Wellness Committee
Agenda
Thursday, September 21, 2017**

- ★ Committee Member Roles?
 - Secretary: _____
 - Publicity: _____
 - Chairperson: Jackie Whiting
 - Vice-Chairperson: _____
- ★ Social Media
 - Twitter
 - What is going to be our # for the committee?
 - Instagram
 - How do we gain more followers?
 - Facebook---Upcoming Events Contact the following:
 - Dr. Tomlinson: District Webpage
 - Lisa Shelton: Sunshine Law Requests
 - Michelle Caron: Wellness Committee Webpage
- ★ Continuing Activities from 2016-17
 - Step Challenge
 - “Maintain, Don’t Gain” Challenge
 - Biometric Screenings & Flu Shots
 - Incentives?
 - Fitbit
 - 3 month membership to ES Community Center
 - Corporate Challenge
- ★ Possible Healthy Student Choices
 - Tiger Karate
 - Lessons for elementary-level Students
 - Kansas City Kids’ Marathon (October 21st @ 9:30 a.m.)
 - Initiate Running Club before school to prepare for the marathon
 - Preschool & Parents-As-Teachers Notifications of Healthy Snacks Policy
- ★ Possible Healthy Staff Choices
 - Hold Weight Watchers In-District
 - Provide Water Aerobics @ the Community Center
 - Healthy Living/Food Preparation Seminars (after January 1st)
 - Other Suggestions?
- ★ Public Comment Period ends Thursday, September 21, 2017
 - Any staff, student or community members are encouraged to provide input about ESSD Wellness by 9/21/2017
- ★ Meeting Dates
 - 11/16, 1/18 & 3/22
 - Our *next meeting is scheduled for Thursday, November 16th*