

Wellness Committee Meeting/Pearsontown Elementary School

Meeting Minutes

12/06/2011

Present: Liz Watt, Juliellen Simpson-Vos, Carole Bruhn, Katie Thomas, Sean George

Next meeting: TBD

I. Updates for Fall 2011

- Wellness Tips handouts for holidays go out in Friday folders 12/2, 12/9, and 12/16
- Thank you to Katie and Carole for making copies

II. Discussion of Upcoming Event Ideas for 2012

- Zumba Nights—dates and instructor set for January, April and May
- Walk to School—dates set for January, February, April, and May
- Steppin' Out—National walking challenge from April 23-27, 2012
 - Goal is for each participant to complete 10,000 steps each day for 7 days
 - \$15 per participant
 - Thoughts that cost may be a barrier; discussion of PTA supplementing cost?
 - Wellness Committee work on our own walking challenge not as part of Steppin' Out week?
 - Liz to research how schools have participated in the past
 - Liz sent updated email with info
- Health Screenings for Teachers/staff
 - UNC Wellness Center staff to come to Pearsontown to perform blood pressure screenings, weight, height, BMI, waist circumference measurements to staff/teachers possibly during Teacher Appreciation Week (May 7th-11th)
 - Committee liked this idea; Liz to talk with Lisa and Aretha about logistics
- Girls on the Run—Juliellen Simpson-Vos presented info on program
 - 12 week character development program using running and physical activity for 8-12 y.o. girls; open for 15 girls at Pearsontown for Fall 2012
 - \$200 per participant; scholarships available
 - Juliellen to present info at next PTA meeting; date TBD
 - Committee liked idea of having this program at the school

III. Roundtable

- Ideas for physical activity group(s) including all children
 - GO FAR (Go For a Run program)
 - Resurrection of Panda Pacers—lead up to Great Human Race (March 24)
 - STRIDES—similar to Girls on the Run for boys
- Discussion of Healthy Eating Policy
 - Policy for snacks brought in for events?