

**Wellness Committee Meeting Agenda**  
**February 3, 2022**  
**7:30 A.M.**  
**Colo MS/HS – ICN Room**

**Wellness Committee Members:**

**Present:** Marc Snavely, Brandon Kelley, Jackie Dunlap, Sheryl Gilmore, Travis Owens, Aaron Aljets  
**Absent:** Kara Kinser, Tony Stalzer

**Agenda:**

**1. Review Past and Present Wellness Activities at Colo-NESCO**

Did Biggest Loser Contest (Pre-COVID), McCallsburg, Fitness Center (3 Free Memberships), Last Fall (Annual Walk) PK-4, Skiing, Rollerskating, Spring-Fishing & Kayaking (HS), Ice Skating (5<sup>th</sup> & 6<sup>th</sup> Grade), Flu Shots

**2. Nutrition Program Review-February 2021**

Also, Triennial Assessment 2020-Not held due to COVID, Nutrition Program Review for Feb. 2021 has been put off. Just doing some virtual documentation. Have State Reporting for Seamless Summer with the federal government providing free meals.

**3. Wellness Policy**

It is in the 500 Series. It is on a rotation for the Board to review.

**4. Areas We Need to Assess:**

- a. Physical Education
- b. Nutrition
- c. Public Involvement
- d. Physical Activity
- e. Monitoring & Evaluation of Programs

**5. Future Plans**

We plan to have the senior p.e. students come up to Zearing to do some activities with elementary students. Do the annual walk in the spring at both Colo and Zearing. Middle/High Schools plan to do fishing and kayaking this spring. We will look into a speaker to target vaping.

In the fall, we hope to have an open house to showcase the construction projects. This will, hopefully, bring a lot of people into the building and be a good opportunity to do a family physical fitness activity or have a wellness booth.

Our next meeting is Thursday, May 5<sup>th</sup> at 7:30 a.m. in the Colo ICN Room-We are required to meet twice a year.

With COVID and construction, the CN Wellness Committee meeting has been somewhat put on the back burner. We plan to have a meeting early in the fall and bring students and parents back onto the committee.

