

Wellness Committee Meeting

March 29, 2023

2:45 pm in Conference Room

(Alissa Goguen, Dave Marlin, TJ Kent, Barbara Beblowski)



🍎 Review Wellness Goals- What is happening in Hartland?

The team discussed a whole school walk to kick off SBA testing that will be taking place the first day of testing, May 9th at 9am. Alissa will plan this and reach out to all teachers.

May 3rd is ACES day with a rain date of May 4th from 10-10:15. Team discussed different options for students to participate in for ACES. We would like to have a highly engaging activity for all students to possibly include dancing and having Mr Welcome DJ some music. We will look into having some 8th graders to help plan and lead this activity.

April- look into planning a whole school assembly to do yoga with Ms. Walker to align with stress awareness. Look into Friday, April 21st first thing in the morning.

Teachers would like to start having volleyball practices after school from 3:30-4. The team discussed having an open gym for the teachers to practice their volleyball skills. Will offer on Tuesdays after school starting after April vacation.

🍎 Wellness Wednesday ideas and themes for last 2 months of school

The team discussed continuing with stress awareness for April, mental health awareness in May and summer safety for June. Announcements will be made each Wednesday to match these themes.

Next Meeting, Wednesday, May 31, 2023