

Wellness Committee Meeting

September 20, 2023

2:30 pm in Conference Room

(Alissa Goguen, Dave Marlin, TJ Kent, Barbara Beblowski, Mary Casey, Jenna Michna, Kate Krauland)



🍎 Review Wellness Goals- What is happening in Hartland?

- **School Lunch**-The students like the new lunches. They like that they have better quality food and options.
- **Quote of the Week**- Morning announcements- quote of the week to promote positivity. 8th graders will read the quotes on Monday's to start the week off on a positive note.
- **Recess Run Challenge**- Team discussed having a recess run challenge. Discussed having the challenge of running the equivalent of "around the Earth" as a school. Students can participate if they want to. The team will plan this at our next meeting.
- **Teacher Challenge**: Team discussed a possible run/walk challenge against the students. This will be discussed further at the next meeting.

🍎 Wellness Wednesday ideas and themes for the year.

The team discussed different themes for the month for wellness Wednesday. Team members will work on coming up with facts to match the themes and 8th grade students will share during morning announcements on Wednesdays.

September- Fitness in Five

October- Kindness Matters

November- Giving Thanks

December- Staying Healthy

January- New Year New You

February- Heart Health

March- Nutrition

April- Caring for our Community

May- Mental Health Awareness

- -1 in 5 children and teens between the ages of 13 and 18 have or will have a serious mental illness.

- -Roughly 11% of teens have a mood disorder
- -50% of U.S. youth ages 6-17 received mental health treatment in 2016.
 - 21.1% of people experiencing homelessness in the U.S. have a serious mental health condition.
- June- Summer Safety