

---

## Wellness Meeting Agenda

January 3, 2017

### Cafeteria:

- Update Web Page
- Wellness Guidelines on the internet
- Links to nutritional information on the web site

### School Nurse:

- Review Students with special dietary needs

### Physical Education:

- Review Nutrition Curriculum

### Parent Advocate:

- Questions and concerns

## Wellness Committee Meeting

January 3, 2017

- Meeting was called to order by Susan Sommers, Director of Food Service.
- Members present: Susan Sommers, Director of Food Service, Sharol Mattern, Head Cook MES, Sheryl Kunz, Nurse, Suzy Friederich, PE Teacher, and Brandy Goodwin, Parent Advocate.
- Susan Sommers reported that all information regarding Wellness guidelines and links to nutritional information are available on the Mascoutah Web Page.
- Sheryl Kunz school nurse reported that all special dietary needs that are accompanied by a doctor's request are being implemented.
- Suzy Friederich reported that the annual Read, Right & Run program for MES is starting 1/5/17. Here is the email she sent out:
  - This Thursday, Jan. 5 is the opening day for Read, Right, and Run! Here is your opportunity to join us walking or running with a great group of 5th Grade students at MES!
  - We meet each Thursday after school in the Big Gym from 3:30-4:30. During that time we will run/walk and do good deeds throughout the school. We will also have a Book Talk and share our favorite authors and genres!
  - If you cannot make it every week that is ok! Attend when you can. We try to get outside as often as possible but may also get our mileage in while in the building.
  - Also, if you have any jobs for our students to do just email me and we will get it accomplished! These students are preparing for their official GOSTLOUIS! Mile Run on April 8 in STL! Don't miss out on the fun...
  - Thanks - Suzy
- Suzy also reported that there will, again, be a nutrition section discussed during second semester health.
- The committee voted to have Dr. Frank Williams, Business Manager to be the head liaison for the Wellness Committee.
- There being no further business, the meeting was adjourned.

Sharol Mattern  
Susan C. Friederich  
Sheryl K. Kunz RN  
Brandy Goodwin  
Susan Sommers