



## Lacey Township School District Wellness Meeting

**Location:** LTHS Library

**Date:** Thursday, January 30<sup>th</sup>, 2020

**Attendees:**

**Time:** 4pm

### I. Call to order

Crystal DeCaro called to order the third meeting of the Wellness Committee at 4pm on Thursday, January 30<sup>th</sup>, 2020, in Lacey Township High School's Media Center.

### II. New business

- a) Guest Speaker- Alessia Daniele, Holistic and Wellness Consultant, to discuss making easy, health-conscious swaps in your children's diet to improve wellness
- b) In-Classroom Celebrations
  - i) Healthier options
    - (1) Easy order form, copies can be found on table
- c) Exciting News!
  - i) Demonstration Taste Testing/ Samplings set up throughout the year!
    - (1) Heart-Healthy Week at Lanoka Harbor during the first week of February
    - (2) Sabra Hummus coming to the Middle School for a Breakfast sampling on Tuesday, March 3<sup>rd</sup>
    - (3) Sabra Hummus coming to the High School for a Lunch sampling on Tuesday, March 3<sup>rd</sup>
    - (4) Argos Farm coming to the High School for a Lunch sampling in June
    - (5) Los Cabos coming in May
    - (6) Any suggestions?

- ii) The School Lunch Fairy
  - (1) We have been able to continue decreasing our negative balances with a major thanks to The School Lunch Fairy donations that have been coming in.
    - (a) Special acknowledgement deserves to go to Carrie Hammer and Lena Skates, the parents that spearheaded the GoFundMe campaign.
    - (b) About \$5,000 of the \$9,000 raised with GoFundMe has gone towards deserving students' account balances
  - (2) Additional "Alternate Lunch" options
    - (a) Comparison photographs of Breakfast and Lunch options projected on Promethean Board

### III. Open issues

- a) Last Wellness Committee Meeting of the School Year to be held on Thursday, June 11<sup>th</sup> at 4pm in the LTHS Media Center
  - i) Flyers on table (feel free to share/ distribute)
  - ii) RSVP link: <https://forms.gle/31NE54D6hTYA4CxG8>
- b) Update on "Energy Drink" Policy addition to the Wellness District Policy
- c) Brainstorm on a District Wellness Assembly
- d) Questions

### IV. Adjournment

Crystal DeCaro adjourned the meeting at \_\_\_\_\_ (time).