

## Wellness Policy Review –

The Wellness Committee met and reviewed the Wellness Policy #8510. Building Principal, Uppena was going to follow up with physical education teacher, Andy Dahlen, on the nutrition pieces that are taught in health class.

With the pandemic putting so many group activities on hold for many years, the Wellness Committee plans to restart activities this spring and a stronger program for the following school years. The next committee meeting is March 26, 2024 and more information will be coming in the form of a newsletter for the parents and public.

A few ideas they are thinking of getting started are:

Activities that could be offered to community members/employees/students-

- Snowshoe

- Cross-Country Ski

- Bikes

- Yoga

- Walking Groups

- Student Focused activities

- Students-Fun Runs- On the track and then a healthy snack

- Pedometer Challenge

- Soup Supper & Track Night

- Dance Dance mats