

Agenda

Ledyard Public Schools
Food Service Wellness Committee
Board of Education Conference Room
Tuesday, December 11, 2018
3:30-4:30 pm

Topics of Discussion:

1. Review December 2018 menus (breakfast/lunch)
2. Review Wellness Web Page
 - Marie working on creating page, hopes to have draft to Michele & Sue to view by 12/5
 - Review what's published
 - Any additional items?
3. Vending Machines
4. My School Bucks online app discussion
5. Wellness Committee Goals & Objectives revisited

Discussion from 6/5/2018 meeting:

- Open free membership to LHS gym
- Local gym membership – Planet Fitness / Renegade
- Stephanie mentioned Stanley Green's mom is the manager of Planet Fitness in Groton
- Buddy program – partner older student with younger student, program partner with Parks & Rec
- Include LMS in on this activity
- More recess – more motor breaks/physical activity – staffing and space issues
- Self-image ('girls' night out' as Dr. Byars did as Principal at GHS) connecting students to positive role models "Life 101 Ledyard Public Schools"