


<b>Program:</b>	Wellness Committee					
<b>Date:</b>	9/20/23	<b>Time:</b>	2:30 PM		<b>Location:</b>	Sports & Exercise
<b>Previous Mtg:</b>	4/19/23	<b>Next Meeting:</b>	N/A			
<b>Facilitator:</b>	Mr. Harden	<b>Time Keeper:</b>	Adam Patton			
<b>Note Taker:</b>	Ben Swisher					

**Focus for Learning**

<b>AIM 1</b>	Grant \$ for this year
<b>AIM 2</b>	
<b>AIM 3</b>	

**Follow-up Assessment**

Previous Action Items	Person(s) Responsible	Update/Notes
Staff jacket hand out	Coach Mo	95 staff members received them

Topic	Time	Discussion	Notes
Review Committee purpose	2:30 – 3:00	Ideas for committee to promote	
Zoom call next Tuesday (9/26/23) with the UHC			To learn how to write a grant and what they need
Other ideas for committee this year			“Murph” workout on May 10, 2024 (last Friday with seniors)
			Lift-a-thon? Could be after school competition
			Weight loss/Biggest loser?

**Assignment**

New Action Items	Person(s) Responsible	Deadline	
Grant for next year	Coach Mo	N/A	Idea for the grant: Contract with a masseuse to be here once/week for 15 min sessions. Cost ~\$5000

*Empowering students through advanced technologies, integrated instruction, and community partnerships to succeed in career, college, and life*