

**Healthy Asbury Committee Meeting**  
November 4, 2014

**In attendance:** Melissa McClung, Meredith Fort, Jean Wise, and Kristi Leech

**1) November and December PTSO newsletters - health corner**

Kristi Leech agreed to put together the content for the next newsletter. She will focus on recommendations for healthy eating during the winter/holidays and will include a recipe.

**2) Recommendations for healthy eating during holiday and b-day celebrations at Asbury**

At this point the group decided to share recommendations through the parent newsletter and may put together recommendations for room parents in the future as well.

**3) Candy exchange**

The group was very supportive of the candy exchange and several members from Healthy Asbury volunteered to help make this happen.

**4) Request from DU - Community Partnership with their Wellness Living and Learning Communities Center**

Brianna Johnson from DU is interested in having Healthy Asbury be a site for students. Here are the details: "As a part of the academic programming for this group, we require a community engagement project where our students join an organization to help them accomplish their own goals or projects. I am emailing to ask if you would be willing to be a community partner for our students this year. The students would be required to complete a service project of your choice while learning about the age group you serve and how your organization contributes to the wellness of these people. The project should be mutually beneficial for your organization and the students. The projects would begin the week of March 23rd, 2015 and go for 8-10 weeks. You would have 2-3 students assigned to your organization."

Melissa talked about this being a great success in past years. The students helped with physical activity related Healthy Asbury activities (e.g. helped organize games during lunch recess, helped with the Spring fun run, etc.) The group decided that this would be good to do again in the future. Meredith will check with Pam Kirk to double check that she is on board and will get back in touch with Brianna.

**5) Continuing the conversation from our last meeting -- health fair/health-focused components of Asbury Winter/spring events**

The group talked about the pros and cons of having a separate health fair as opposed to incorporating it into an even that is already planned. It sounds like a lot of work to do a full separate event and so the group will instead build a health fair into the fun run that will be in May. Once a date is defined, the group can coordinate with local businesses and organizations to ask if they would like to have a table at the fun run.