



May 2019

Wellness Council Meeting

1. Welcome
2. Review last meeting minutes
3. Review of MUSD Wellness Policy
4. Successful Wellness Activities promoted during 2018-2019 School year
  - a. Walk-On Challenge
  - b. Hoops for Heart
  - c. Jump for Heart
  - d. Staff Challenges
  - e. Field Days
  - f. Athletics
  - g. Physical Education
  - h. Field Trips (Hikes-Tonto; Arboretum)
5. Ideas to promote wellness next school year

Wellness Council Meeting

January 8, 2018

1. Welcome
2. Review last meeting minutes
3. Review of MUSD Wellness Policy
4. Ideas to promote wellness
  - a. Jump/Shoot for Heart
  - b. Walk-On Challenge

Wellness Council Meeting

February 28, 2018

1. Welcome
2. Review last meeting minutes
3. March Movement Challenge with MUSD staff