

The Maritime Academy of Toledo
Wellness Committee
Friday, December 18, 2015

1. Members

- Aaron Lusk-Principal
- Jeb Braden-Physical Education
- Dave Napierala-Nutrition
- Chantal Romero-Mauk

2. Nutrition & Education Goals

- Educate staff, cadets and parents on carbonation information-Federal Regulations
- Re-visit hot breakfast
- Additional Physical education courses/books
- Develop 7th & 8th Grade Sex Education Courses
- Implement more greenhouse usage
- Finding out about supplying children with fresh fruit in the classroom

3. Possible future purchases

- Life Guard Certification-Priority
- Computers for Mr. Braden educational health curriculum
- Laundry Supplies
- Shower and Personal Hygiene Products for Cadets

Next Wellness Committee Meeting will be January 21, 2016

First meeting for the 2016-2017 school year will be August 22, 2016