



Mexico Public Schools

2101 Lakeview Road Mexico, Missouri 65265
Telephone (573) 581-3773 Fax (573) 581-1794
www.mexicoschools.net

Central Office

2101 Lakeview Road
Mexico, MO 65265
(573) 581-3773

Early Childhood Center

408 N. Jefferson St.
Mexico, MO 65265
(573) 581-3500

Eugene Field Elementary School

704 W. Boulevard
Mexico, MO 65265
(573) 581-5268

Hawthorne Elementary School

1250 W. Curtis St.,
Mexico, MO 65265
(573) 581-3064

McMillan Elementary School

1101 E. Anderson St.
Mexico, MO 65265
(573) 581-5029

Mexico Middle School

1200 W. Boulevard St.
Mexico, MO 65265
(573) 581-4664

Mexico High School

639 N. Wade St.
Mexico, MO 65265 (573)581-4296

Davis H. Hart Career Center & Mexico Education Center

905 N. Wade St.
Mexico MO 65265
(573) 581-7084

Wellness Committee Meeting Notes:

Date: October 25, 2022

Time: 3:15p.m. - 3:45 p.m.

Place: In person and Virtual

In Attendance:

Emily Buck, Joyce Fenner, Marci Orr, Kim Costley, Sarah Olson, Phoebe Frazer

- I. Staff healthy snacks – staff seem to like these, we are going to continue to provide snacks each month.
- II. Discussed doing monthly challenges with staff again this year. Staff that participate will be entered into drawings for prizes.
 - a. Using the 5 pillars of wellness: Eating / Exercise / Sleep / Water / Mindfulness
- III. Wellness policy – we will be doing an assessment of the policy this year. Any updates suggested will be sent to Bethany Collins for Board approval. We will work on this at the December meeting.
- IV. Wellness meetings will be held quarterly for a total of four per school year.
- V. The next meeting will be December 6, 2022 at 3:15 in the conference room at MELC.