



Wellness Committee Meeting Agenda
May 5, 2018

Introduction of Members-sign in sheet

Review Wellness Policy & Plan

Nutrition Education

Nutrition Promotion

Physical Activity

Other School-Based Activities

Update from Milk Mustache Dash 5K

Review Live Healthy Program

- Recommendations from Sub-committee
 - Offer group fitness classes (at district expense) to rotate through buildings
 - FOCUS on nutrition for maintenance staff - water bottles or water bottle filling machines.
 - Offer meal prep classes at building level
 - Offer more screening opportunities - before Back to School meeting!
 - Add Bone density
 - Need to communicate the supports for stress, depression, anxiety.
 - Incorporate wellness talk/info on PD days
 - Encourage cardio throughout the day with elliptical or treadmills in buildings, including support services and encourage staff to walk over lunch.
- Employee Satisfaction Survey Results

Goals for 18-19 School Year

- 2 for student wellness
- 2 for Live Healthy Program