



Wellness Committee Meeting Agenda
May 6, 2019

Introduction of Members-sign in sheet

Gloria Stoverink- Nutrition Coordinator
Ellen Gipson- Employee Wellness Coordinator
Beth Emmendorfer- District Wellness Coordinator
Lori Heuring- Speech Pathologist
Ashley Raner- JHS Teacher
Ali Featherston- JMS Teacher
Jill Eldridge- Nurse
Karen McClellan- Speech Pathologist

Review Wellness Policy & Plan

Nutrition Education
Nutrition Promotion
Physical Activity
Other School-Based Activities

Ideas:

- Start blitz at MS
- MS needs guidance on how to “make a meal”
- Be a station at SFR
- Offer to teach nutrition during advisory
- Taste testing with elementary “families”
- Give points for employees reading wellness newsletter
- Talk directly with teachers or wellness committee for more nutrition education
- Re-educate on smart snack regulations
 - Talk with admin
 - Give specific food examples for teachers

Update from Milk Mustache Dash 5K

- Raised over \$5,000 for power packs
- almost 250 runners
- Next year improvements
 - How to get more volunteers?
 - [More points for volunteers](#)
 - Less rules on earning Live Healthy points?
 - Community Couch to 5K
- Feedback from your building?
 - What went well?
- April 18, 2020 - tentative date

Review Live Healthy Program

- New programs
 - WOW6 challenge
 - All-levels Yoga
 - Couch to 5K challenge
 - Shape up My School
- More on-site exercise classes?
 - [HIIT classes](#)
- Corporate gym membership?

- Live Active
 - New challenge ideas?
 - Improvements?
 - [Google calendar of all events](#)
 - [Challenge for % of building participation](#)
- Live Preventative
 - ideas for other points?
 - [Pts. for CPR certification](#)
 - [Pts for attending free screening](#)
- Live Well
 - Ideas for Wellness talks?
 - [Cancer talk](#)
 - [Chiropractor](#)
 - [ob/gyn](#)
 - [Bone health](#)

Goals for 18-19 School Year

- 2 for student wellness

- Re-educate on smart snack rules
 - Educate in one building per month
 - Create one lesson and a signup sheet for teachers
- 2 for Live Healthy Program
 - Pursue gym membership
 - Increase number of program participants (measured in gift cards given) by 50

2019-2020 Wellness Meeting Dates

- September 16
- May 4