



Wellness Committee Meeting Agenda
September 25, 2017

Introduction of Members

Ellen Gipson - JR2 Employee Wellness Coordinator
Ali Featherston - 5th Grade Teacher
Beth Emmendorfer - District Wellness Coordinator
Lori Heuring - Speech Therapist
Karen McClellan - Speech Therapist
Julie Richardson - JH PE teacher
Gloria Stoverink - District Nutrition Coordinator
Cristy Welker - Parent
Jill Eldridge - Elementary Nurse
Kate Wallis - SE Health
Prince Alyami - SE Health
Liz House - CCHD
Kate Emmendorfer - JH student
Tiffiney Smith - Parent (joined by phone)

Review Wellness Policy & Plan

Nutrition Education
Nutrition Promotion
Physical Activity
Other School-Based Activities

Discussion of other ways to motivate students, other than using food

Older students - organized games like volleyball, dodgeball, homework pass

Choose sugar free gum or candy,

Little kids - treasure chests

The Gotcha tickets already have a list of items. Read a book to another student

Pick a brain break for the class, give them control, give them the "leader"

Responsibilities

Replace the gumballs with other types of rewards, stickers and other trinkets, any type of activity that builds relationship with adults, lunch with an adult, "extras" such recess or technology time

Certificates

Gloria created a couple

Review Employee Wellness Screening

Katie Wallis with Southeast Health presented a summary of our employee wellness screenings. 256 employees participated in the screenings.

Fitness/Weight management, Blood Pressure management and Nutrition were the highest rated needs of our employees.

Staff are interested in learning more about nutrition/healthy eating, weight management and stress reduction.

We need to look at strategies to increase the number of participants. (Move locations, offer breakfast, move to professional development days)

CDC Employee Wellness Scorecard review and complete

At spring meeting use to set goals for our employee wellness program

Will identify a subcommittee to review the data and provide feedback for the May 7 meeting

Ellen reviewed the scorecard results. We scored well with vaccines, but not as well on nutrition offerings to our staff. Not offering as much support the stress and mental health of our employees. Also scored lower on the lactation support.

Julie asked about considering providing childcare after school for staff who want to participate in fitness activities. Possibly look at something for the yoga classes.

17-18 Wellness Committee Dates:

September 25

May 7