



Wellness Committee Meeting Agenda  
May 6, 2021

**Attendance**

Dr. Maxwell, admin  
Ali Featherston, Middle  
Lori Heuring, East  
Jill Eldridge, South  
Erica Robbins, Middle  
Gloria Stoverink, Nut. coordinator

**Review Live Healthy Program**

- Survey Results
  - 90 people completed survey, 177 gift cards went out (165 in 2020)
  - 70% ranked current program 5/5
  - Top priority results
    - 46% mental health/ stress management (!!)
    - 22% physical fitness
    - 16% cooking/meal prep
    - 14% Nutrition education
  - Webinar topic ideas
    - Meal prep, mental health/stress/depression
  - 88% did not use healthpoint discount
  - 60% ranked health improvement this year a 4+ from participation in Live Healthy
  - Suggestions for next year
    - Keep talks virtual, in-person fitness classes
- What changes would you like to see?
  - Digital point booklet, more encouragement- talk about the program,
  - Cooking classes (paid?)

**Discuss Student Wellness/School Environment**

- What needs do you see?  
Non-food rewards, screen time challenge, logged miles as district- walk across the country with google doc, calendar challenge for kids- Lori calendar, smoking/vaping older kids
- Review current initiatives
  - Nutrition education, EC education (new), FB cooking videos, wellness policy follow ups- ED education, vending, classroom policy, fundraisers

### **Goals for 21-22 School Year**

- 2 for student wellness
  - Do “calendar challenge” with students
  - Log miles as an entire district
- 2 for Live Healthy Program
  - Digitize point book
  - Bring more awareness about program to buildings