



Wellness Committee Meeting Agenda  
May 9, 2022

**Attendance**

Gloria Stoverink  
Lori Heuring  
Julie Richardson  
Morgan Loesel  
Charlotte Smith  
Jessica Maxwell  
Ali Featherston

**Review Live Healthy Program**

- 203 gift cards (177 in 2021, 165 in 2020)
- Survey Results
  - 133 people completed survey (88% participated in program)
  - 70% gave 5/5 on satisfaction, 22% gave 4/5, 8% gave 3/5
  - Topics for next year:
    - Nutrition, Stress/burnout, meal prep/cooking/recipes, diets, lower blood sugar, lower blood pressure, aging nutrition
    - More suggestions: [Pharmacist-Lori-supplement/vitamins](#), [Julie-Doctor](#), [Medical minute](#), [Tyler Cuba financial advisor \(lori\)](#)
  - 14 people used Healthpoint membership discount
  - Ideas for next year: Self-care tracking, Health demos on PD day, more fitness classes([later or more points](#)), recipe/youtube workouts sent out, ~~points for already working out~~
- What changes would you like to see?
  - [Meal prep- school building, demo & challenge- grocery list/video, meal sharing](#)

**Discuss Student Wellness/School Environment**

- Review current initiatives
  - Always: Nutrition education (classes, clubs, sports), wellness policy, fundraisers, vending machine
  - New: EC taste testing, Orchard Fruit & Veggie Grant, Chef salad lunch option

- What needs do you see?
  - We run club focus on MMD (promote better), Walk across America (google form) send to families, Calendar Challenge for kids
  - Vending, snacks at JJHS, sugar
  - Better snacks for nurses-list
  
- Best way to reach students?
  - JR high block activities, Wellness tips, Indian insider- MS, Kids announcements (canvas) email

### **Goals for 22-23 School Year**

- 2 for student wellness
  - Implement Walk Across America
  - Student health newsletter
  
- 2 for Live Healthy Program
  - Meal prep activity
  - Increasing participation