

Wellness Meeting Notes- 5/1/23

Attendance:

Charlotte Smith

Jessica Maxwell

Karen Sander

Miranda Wehmeyer

Penny Pieper

Meeting Time: 3:30 pm-4:00 pm

Review of the Healthy Program:

Gift Cards Awarded: 237 total- 6 \$25 gift cards, 29 \$50 gift cards, 202 \$100 gift cards

Survey Results Pending- Sent out to staff 5/4/23

23/24 School Year:

Plan to provide three options of gift cards to each staff member that participates in the employee wellness program including Walmart, Amazon, or Target. This year we are paying \$711 in gift card fees to provide Visa gift cards.

Number of People Using the HealthPoint Discount:

150 participants per Scott Givens

Updates Made on the School Wellness Policy:

Additional requirement to students in grades 9-12: 30 minutes of cardiopulmonary resuscitation instruction & training in the proper performance of the Heimlich maneuver or other first aid for choking.

Collaborating with the community to provide locally grown produce whenever possible.

School Nutrition Goals:

Discussed continuing Fresh Fruit & Vegetable Program at Orchard, and at South if we receive the grant.

Implement taste testing days at the schools to provide food exposure and try out some new menu items before adding to the menu.

We are working with Knowlan Family Farms to try to provide their apples at schools in the 2023-2024 school year. Pending their crop.

We applied for grants for all schools in the district with a \$500 balance or higher in student lunch debt through Zeezee's (Applesauce Company)- pending response.

Goals for the Live Healthy Program:

Changing 'Maintain Don't Gain' Challenge promote a healthier outlook on health & wellness.

Increase participation in the program, currently have 237 employees involved. Encouraging the wellness champions to provide motivating ways to get their schools involved and provide an incentive to them for having the most participation.

Make live healthy booklets paperless.

Change some of the wellness program challenges to get more staff members involved in the program.