



## Wellness Committee Meeting Agenda September 17, 2018

### Members Sign In

- Gloria Stoverink-Nutrition Coordinator
- Ashley Raney- HS ELA Teacher
- Ali Featherstan-5th grade teachers
- Julie Richardson- JR High PE Teacher
- Kayleen Shaw- West Lane
- Lori Heuring-SLP at East
- Ellen Gipson- Employee Wellness Coordinator
- Beth Emmendorfer- Asst. Supt/Parent

### Review Current Wellness Activities

- Wellness Screening Results - 254 participants
  - Suggestions for next year?
- Step it Up Challenge - 254 registered - **started today**
  - Step tracking App suggestions?
- Suggestions for additional activities

Gloria reviewed the Wellness Report Card with the committee.

Ellen reported we had approx same numbers in our 3 days of employee screening that we did in the 4 days last year. Next year, we may want to add an additional screening date before school starts. Employees are having some difficulties with accessing the survey. Southeast has moved to a new portal system that we are still working with to make this more user friendly.

### Employee Wellness:

- Discuss Individual School Challenge
- Meeting Location Options

Yoga classes start on October 9th 4-5 p.m., every Tuesday, five weeks, possibly check on MS.

Certain groups are starting their own work out groups. It would be nice to acknowledge or offer for others to work out.

Still working on getting staff incentives for membership attendance.

Building challenge - meal prep, bring the groceries and prep the meals.

Wellness talks start tomorrow 4:00 in the Ignite Center, but will alternate between Monday and Tuesdays and times.

Other wellness talks, could be cooking for kids and preparing healthy breakfasts and lunches for children.

Student Wellness:

- Student Wellness Challenge Ideas
- Health Fair Goals

Trial something with Kayleen Shaw's boys bootcamp or Julie Richardson's girls' pe class.

Health Fair - Gloria is thinking targeting Elementary students. Working with SEMO to put this on. Maybe around the time we have our Wellness Run and let students practice their run route.

Google Slide newsletter to share the resources that Ellen has picked up. Ashley said she could help with this. Gloria already puts together a newsletter and puts it on our website. Could this be emailed out to our staff. Including our sports camps info.

2018-2019 Wellness Meeting Dates

- May 6