



Wellness Committee Meeting Agenda  
May 6, 2019

**Introduction of Members-sign in sheet**

Gloria Stoverink- Nutrition Coordinator  
Ellen Gipson- Employee Wellness Coordinator  
Beth Emmendorfer- District Wellness Coordinator  
Lori Heuring- Speech Pathologist  
Ashley Raner- JHS Teacher  
Ali Featherston- JMS Teacher  
Jill Eldridge- Nurse  
Karen McClellan- Speech Pathologist

**Review Wellness Policy & Plan**

Nutrition Education  
Nutrition Promotion  
Physical Activity  
Other School-Based Activities

**Ideas:**

- Start blitz at MS
- MS needs guidance on how to “make a meal”
- Be a station at SFR
- Offer to teach nutrition during advisory
- Taste testing with elementary “families”
- Give points for employees reading wellness newsletter
- Talk directly with teachers or wellness committee for more nutrition education
- Re-educate on smart snack regulations
  - Talk with admin
  - Give specific food examples for teachers

**Update from Milk Mustache Dash 5K**

- Raised over \$5,000 for power packs
- almost 250 runners
- Next year improvements
  - How to get more volunteers?
    - [More points for volunteers](#)
  - Less rules on earning Live Healthy points?
  - Community Couch to 5K
- Feedback from your building?
  - What went well?
- April 18, 2020 - tentative date

### **Review Live Healthy Program**

- New programs
  - WOW6 challenge
  - All-levels Yoga
  - Couch to 5K challenge
  - Shape up My School
- More on-site exercise classes?
  - [HIIT classes](#)
- Corporate gym membership?
  
- Live Active
  - New challenge ideas?
  - Improvements?
  - [Google calendar of all events](#)
  - [Challenge for % of building participation](#)
- Live Preventative
  - ideas for other points?
  - [Pts. for CPR certification](#)
  - [Pts for attending free screening](#)
- Live Well
  - Ideas for Wellness talks?
  - [Cancer talk](#)
  - [Chiropractor](#)
  - [ob/gyn](#)
  - [Bone health](#)

### **Goals for 18-19 School Year**

- 2 for student wellness

- Re-educate on smart snack rules
  - Educate in one building per month
    - Create one lesson and a signup sheet for teachers
- 2 for Live Healthy Program
  - Pursue gym membership
  - Increase number of program participants (measured in gift cards given) by 50

**2019-2020 Wellness Meeting Dates**

- September 16
- May 4