

# **SCHOOL HEALTH ADVISORY COMMITTEE**

## **MEETING MINUTES**

### **November 21, 2019**

The School Health Advisory Committee met at 7:00 a.m. November 21 in the Elementary Conference Room. See sign in sheet for members present

Employee wellness is the main topic of discussion. We have \$1000 of wellness money from the Missouri educators trust (MET). This committee will discuss and vote how the money is to be divided among wellness opportunities at the school. Some of our ideas are use the money as incentives, pay Cox to host challenges for us. Cox will host challenges for us for the fee of \$125. They offer five different challenges: the step challenge, the nutrition challenge, maintain don't gain, healthy habits, and blood pressure. The step challenge can be used with an app and patient Portal. We can have teams or individual. The perks to having them host it is no extra work on staff/nurse. The cons are paying them instead of being able to offer that money for prizes or incentives. The nutrition challenge is trying different fruits and vegetables and logging those. Maintain don't gain challenge will have staff weigh before Thanksgiving then weigh when they come back from break and they must not gain over 5 pounds. The perks to this is easy and not time consuming. Last year Cox offered the healthy habits for a free trial. They would give us different challenges such as clean your desk go for a walk do yoga relax for five minutes pay someone a compliment. The blood pressure challenge means you have to check and log your blood pressure once a week for so many weeks. The nurses were not excited about this challenge. I believe we can do the maintain don't gain challenge without paying Cox \$125 to do this. We can use that money for rewards. We will spend \$150 in rewards for the maintain don't gain challenge. Ashley B suggested we spread the love and give 15 \$10 rewards. The group decided that we will do local gift cards papaw's cookies, the new boutique, fat cat, common grounds, we can check with O'bannon Bank about visa gift cards, maybe Mexican Villa since they donate so much to the school. We also decided to spend \$500 for the wellness relaxation rooms. We have one room in the elementary, and one in the middle school is getting set up for MS and HS staff. The committee will look over different step challenges that we could possibly do without paying Cox. Some ideas are the walk across America, doing a Google form to share our progress. We discussed the wellness education opportunities that Cox provides. The committee decided they would rather have a little videos thrown at them via email rather than go to a class. They believe no one will go after school.

