

## **Wellness Committee Agenda**

Tuesday, September 27, 2022 @ 6:15  
HS Classroom (Anne Sloan's room) S102

### **Current Wellness Committee Goal/Focus:**

***Implementation of the strategies within the goal areas; with focus on communication and outreach.***

1. **Introductions:** Anne Sloan, Kelley Haaland, Nikki Harris, Sheryl Haverman, Mindy Cathcart, Anita Turczynski, Tiffany Selmecki, Alyssa Forde, Michael Kline  
(“Old Business”)

2. **Wellness Champions--** what is their role specifically? Looking for feedback
  - a. We didn't truly use them/need them
  - b. Do we need them going forward?
    - i. Might be nice to have point person---can push out request to all buildings---Anne will push out request...
3. **Current Goal/Focus--**Implementation of the strategies within the goal areas; with focus on communication and outreach.
  - a. Any additional tweaks to district goals and/or our focus as a committee?-keep as focus

### ***(“New Business”)***

4. **October---5-2-1-0 Initiative---**
  - a. Our Plan
5. **Staff Initiatives-** promote staff wellness for the district
  - a. October/November?---do we have a challenge we can implement? Maybe add a physical activity challenge for staff in October/Nov. For future
    - i. Ideas from staff---some type of physical activity challenge?? Thoughts
  - b. December---Completed Wellness cheer--
  - c. January---OneWord---
  - d. Let's add physical activity challenge (Jan.-March)---Staff---around same time as student challenge
  - e. March---Hydration Challenge---push to April/May
  - f. Encouragement of staff to get annual exams----taking BP, HR, & O2---contact Amelia (Anne Will)
    - i. Can we bring screenings on campus to staff??
    - ii. Can we pull our data from our insurance to get some numbers of who is doing this/who is not
  - g. Do we want to make the staff challenges public and share with the community as well?
6. **Nikki Harris--**Physical activity challenge for NP community
  - a. Movement Challenge for students--- Tentative Timeline for Challenge---Jan.30-March 9th
    - i. Pledge money for so many minutes pledged
    - ii. ISU---opportunity to do a field trip there to top students---double check
      1. Spring initiative---last week of march/last week in April
    - iii. Do we want to include this for MS--definitely
    - iv. It's a fine balance of not moving too much and keeping it balanced with calories in...
    - v. Mr. Kline---
      1. HS--stay away as weird NCAA rules
        - a. Could include HS into a drawing instead

2. Would be able to keep funds for the wellness committee as long as funds are directed towards a specific thing

vi.

## 7. **Communication & Outreach**

- a. [Wellness Committee Calendar Document??](#)
  - i. Ongoing document to use and drive our communication & outreach efforts--will put on our wellness Page--Anne will talk to Hunter
  - ii. [5210--Monthly Features,](#)
- b. Can we send out a "wellness tip"--each month?
  - i. Does anybody want to be in charge of creating a monthly tip? Nikki volunteered to help and provided a recipe as well
  - ii. Post on our website
  - iii. Send in weekly newsletters--Anne can send out

**Next Meeting**--big focus will be preparing for the physical activity challenge for staff/students in January.

Nikki and Anne will be meeting together prior to the November meeting

Upcoming Meetings (S102)--will post to our wellness page website:

November 8 @ 6:15

January 9 @ 6:15

March 6 @ 6:15