

Wellness Committee
December 11, 2023

1. Sign In
2. Secretary - Compile and share minutes
3. Review of [St. Luke's Resources](#)
 - a. Best way to distribute?
 - i. Print out the St Luke's Membership?
 - ii. Share out resources among the schools...committee members will distribute
4. Review of Activities / Ideas
 - a. Inner District Sport Competitions
 - i. Collaborate with and get admin involved to plan
 - ii. Meet in January to discuss more details
 - iii. Rotate brackets with MS and HS starting games first and then ES can rotate in
 - b. Yoga or Meditation
 - i. See if St. Luke's can share instructors, perhaps this is best left to individual research based on sharing of resources.
 - c. Gratitude Card
 - i. Refreshments on a PD day and ticket is a note of gratitude to peers
 - ii. Work with Dr. Mayes to get going at HS first and then branch out to other schools after HS piloting
 - d. 10,000 Steps - Spring