

Wellness Committee - Agenda - Tuesday, December 2nd - 3:45 pm

1. Welcome (Chad)
2. Share out - Three Wellness Ideas for District 199 Staff
 - a. Purposeful in recognizing efforts teachers put forward every day
 - b. Prompt, Easy, Personable
 - c. Yard sign type recognition
 - d. Traveling Cart for teachers identified each week
 - e. Survey Staff - Quick (site specific - different cultures - organic)
 - f. Teacher Union Prospective Survey
 - g. Movement Monday -
 - h. Timeout Tuesday
 - i. Wellness Wednesday
 - j. Thoughtful Thursday
 - k. Fun Friday
 - l. Attainable - Water, step challenge
 - m. Early Bird Special - Uplifting fun song for Staff
 - n. 5 Minutes to change your day
 - o. 30 seconds 5 breathing exercises
3. SHIP (State Healthwide Improvement Partnership) Grants (Chad)
 - a. Simley High School
 - i. Dual Purpose Space - Calming Room and Telehealth - Furniture - \$2,000
 - b. Early Learning Center
 - i. Second Step = Social Emotional Curriculum - \$3,000
 - ii. Conscious Discipline Training - \$5,000
4. Triennial Assessment - WellSat Scorecard (Tracy & Chad)
5. Other....
6. Next Meeting: Tuesday, February 3rd, 2026 - Google Meeting - 3:45 pm

Mission - The IGH Wellness Committee is dedicated to cultivating a school environment that prioritizes and promotes physical health, mental well-being, and lifelong healthy habits for students, staff, and the wider community.