



FOX C-6 SCHOOL DISTRICT
Wellness Committee Meeting

Date: May 9, 2024
Time: 3:30-4:30 p.m.
Location: FSC Training Room
Facilitator: Dr. Cardona

Topic	Information
Welcome & Introductions	The meeting was called to order at 3:34 p.m. Dr. Cardona, Assistant Superintendent of Secondary Schools, welcomed everyone in attendance. Dr. Cardona reminded the team of why we were meeting this year and how we will be meeting yearly until our next assessment.
Public Comments	No comments
Review/Discuss District Wellness Policy	The committee reviewed our District Wellness Program according to ADF-1-AP(1): DISTRICT WELLNESS PROGRAM - (K-12 Districts). It was determined that we will update the following highlighted yellow section: (the pink highlighted section will be added) Staff Wellness The Fox C-6 School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will offer staff wellness programs that include education on nutrition, healthy eating behaviors and maintaining a healthy weight for optimal health. Fox C-6 has a partnership with FitOn Health, a health and fitness platform. Fox C-6 has a partnership with Club Fitness, providing free Club Fitness memberships to all benefit-eligible and partial benefit-eligible employees. The district will establish and maintain a staff wellness committee composed of at least one staff member; wellness committee member; registered dietitian, school nurse or other health professional; employee benefits specialist; and other appropriate personnel. The staff wellness committee will serve as a subcommittee of the district wellness committee. The staff wellness committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from district staff and will outline ways to encourage healthy eating, physical activity, sun safety and other elements of a healthy lifestyle. The staff wellness committee will provide

UPCOMING DATES:

Next meeting: TBD-2024

Location: TBD

	a copy of its plan to the wellness program committee. We will also update our partnership document to reflect the following updates: Comtrea is now Compass Remove Club Fitness and add FitOn Health
Discuss Update with the Fitness App	The committee discussed the new FitOn Health App.
Discussion on the next meeting	Dr. Cardona informed the team that we will meet again next year to discuss how we are doing with our Wellness Program. We will work to take the policy updates to the June BOE meeting. The meeting adjourned at 3:57 p.m.

Attendees:

Dr. Tammy Cardona-Assistant Superintendent-Secondary
Jamie Willis-Administrative Assistant-meeting minutes
Kim Schumacher-Director of Nursing
Kaila Odenwald, Interim Director of Food Service
Jeannie Hueter, Rockport Building Principal

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