

Wellness Meeting

Agenda

September 12, 2017 - 9:30 a.m. @ IS Conference Room

 Lora Watson

 Becky Gallagher

 John Griffith

____ Devin Nevels

____ IS Student Council

 Chelsea Leonard

____ David Adamczyk

____ Chandra Arbuckle

 Margaret Kosfeld

 Josh Adamczyk

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1. Welcome
 2. Sign-in Sheet
 3. Student Input - Student Council Elections have not taken place. Therefore, no student was in attendance at this meeting
 4. Report on Wellness Activity - Diet Free
 - a. Decide on employee cost of the program
 - b. Decide how to pick leaders and what their incentive will be
 - c. Do we continue with the building competition/trophy? Do we do challenges as well as Diet Free?
 5. Future Meetings
 - a. In the past we have met 3 times a year. November, January, May
 - i. This year, our first meeting is September. Are January and May still appropriate times for the additional meetings.
 6. Funds and Designation
 - a. Amount of funds available
 - b. Programming and additional resources meeting this week.
 - i. Will share out information
 7. Other

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5/10/2018

<input checked="" type="checkbox"/> Lora Watson	<input checked="" type="checkbox"/> Becky Gallagher	_____
_____ Devin Nevels	_____ IS Student Council	<input checked="" type="checkbox"/> Chelsea Leonard
_____ David Adamczyk	<input checked="" type="checkbox"/> Chandra Arbuckle	_____ Jessi Blackwell
<input checked="" type="checkbox"/> Margaret Kosfeld	_____ Josh Adamczyk	_____
_____	_____	_____

1. Welcome
2. Sign-in Sheet
3. Student Input
4. Report on Wellness Activity Totals
 - Three walking challenges throughout the year - over 30 participated
 - Diet Free - 50 participants
 - Online Health Assessment - 12 participants
 - MPR presented at January 2nd PD conference
5. AED Machines Status
 - Nurses check 1x/week
6. Wellness Program Implementation Evaluation
 - Reviewed chart and discussed progress
7. Program Overview
 - a. Positives of the program.
 - i. Diet Free was a great addition and should continue
 - ii. Roving Chef was a success and Chelsea wants to continue/expand if possible
 - b. Ideas for Improvement.
 - i. SFE - Health Fair/Farmer's Market - may set at Registration July 31 & Aug 1
 - ii. Check with MPR to come out to each building once/yr for a lunch session to share info
8. Committee Member
 - a. We need a new representative for this position.
 - i. Tana Betts, PTO president will serve. tana0587@gmail.com
9. Future Meetings
 - a. Next School Year - Fall (September) and Spring (May)
10. Ideas for next year
 - See above
11. Other topics for discussion
 - Check with MPR to have a table at convocation to distribute information to employees.
12. Goals
 - a. Physical Education and Activity Goal
 - i. The district will provide students opportunities to engage in activity that builds their physical, mental, social, and emotional health.
 - b. Health Services Goal
 - i. The district will provide services to students that will apprise, protect, and promote their health; are supported by the community, parents, and other stakeholders; and are accessible to all students.
 - c. Healthy School Learning Environment Goal

- i. The district will create and maintain a school environment conducive to optimal student learning.
- d. Food and Nutrition Services Goal
 - i. The school foodservice department will promote good health practices and provide a foundation for sound lifestyle habits through foodservice operations and nutrition education.
- e. Health Promotion Goal
 - i. The district will foster the maintenance of a healthy lifestyle for all staff.