

Wellness Committee Meeting Minutes

September 27, 2017 Chairperson: Anne Gamoke

In attendance: By Building

Horizon – Katie Miller, Cady Meyer

Parkview – Sharon Koene, Andrew Arentsen, Christine Vetter

Fairview – Brenda Schaller, Shaina Kretchner

Riverview – Gina Krueger

HS – Caren Johnson, Toni DeStefano, Mary Rank

District – Michelle Urbanek

Current Notes:

We will continue to focus on two distinct Wellness topics 1) Our District's Wellness Policy and 2) Welcoa – Well Company Certification and Staff Wellness

We just found out the meeting minutes from last year were taken off the web site. We will look into this to get them restored.

Copies of last year's final meeting handed out to review our goals and a quick review of our August 16, 2017 meeting minutes.

- As suggested at the August meeting we will be asking the building representatives to report out on items that were reviewed. This is to follow the DPI expectation in meeting our District's Wellness Policy accountability.
 1. From May 17th minutes the three goals that we need to work on:
 - a. Determine our standards for all food and beverages available during the school day with language that is clear, straightforward and enforceable – We will most likely need a separate committee for this task.
 - b. Build understanding with staff, student and families of the research, statistics and good practices around nutrition and wellness through constant and consistent education.
 - c. Use wellness resources completed and increase access to and visibility of the resources online and during staff meetings, professional development days and contact with families.
- Staff Wellness Activity: Michelle Urbanek
 - Checking in to see if there are other activities and ideas to promote staff wellness??
 - Working on success stories to help inspire others
 - Continue to promote Brain Breaks
 - Continue to post Tips on Tuesday
 - Communicate to staff that Michelle is a resource for all sorts of Health and Wellness questions.
 - Monthly Health Observance: What is the focus for the up and coming months. Will be sending out a calendar indicating the focus
 - September – Yoga
 - October – Breast Cancer Awareness
 - New Appointments were up by 32 in August, Alex is in the weight room for questions, although the busy time is 1-6 pm
 - Riverview can be used but you need a work out buddy!!!! No working out alone.
- Follow up on the All Employee Professional Development Day Scavenger Hunt. A Big Thank you for all who helped make this event a success. There was a good showing
 - There feedback is that they want to see more Health and Wellness related aspects developed into the Professional Development Days. Offer some classes????

BUILDING REPORTS

Horizon:

- No staff meeting yet.
- Dena posted photos of the scavenger hunt, those who participated seemed to enjoy it.

Parkview

- Discussed the Superintendent Council meeting topic on the WELCOA topic
- Working on a building Water Cooler in the office area
- Feedback on the All employee professional development day – Loved it

Fairview

- Mostly discussed the iReady

Riverview

- Discussed Healthy Snacks – Where is the list???? Caren Johnson will send it back out to all members
- Recess-
- Walking Club for Adults, every Thursday

High School

- Dr. Rausher will post the link to the Wellness Committee Minutes for the High School staff meetings.
- It was observed that there is still a lot of candy given to students for rewards. Not only at High School but at Riverview. How are the Elementary Schools doing?????

Discussion Point for future meetings:

1. Communication on Fund Raiser Activities
 - a. Popcorn Fridays
2. Concession guidelines was established by addressing needs by; Instead of stating what we “can’t do” , how to make better choices available. Currently the web site link is not up to date and Caren Johnson is working on updating this resource.
3. How to look for all these resources??? That is the big question and challenge we face as a committee. Looking for an EASY central location? The need to review, review, review at all different meetings.
4. Use of the monthly Professional Development Day to review, update, discuss, get feedback, get new ideas, get involved on a monthly basis.

Who would like to be on the subcommittee to work on drafting the Nutritional Standards for all Foods Available During the School Day?? Toni Destefano, FSD, Caren Johnson, District Chef Who Else??? Please get in touch with Anne we need to get started. We need to meet in October!!!! Looking for at least 4 other persons.

Toni & Caren will work with Jamie to restore the past minutes

All new minutes will be sent out to EVERYONE, (like the Superintendent’s Council minutes) Plus posted on the web site and of course to all Wellness Committee Members.

Next Meetings: October 11, November 8th, December 13th 4 pm in Room