

Health and Wellness Committee Meeting Minutes

October 2, 2019: Start time 4:05 pm

In Attendance: Jean Hoffmann, Alex Grahn, Anne Nelson, Shaina Kretchmer, Jackie Murphy, Toni DeStefano, Caren Johnson, Anne Gamoke, Carly Lenz, Michelle Urbanek, Gina Krueger, Christine Vetter, Laura Grunwald, Denise Roth, Cady Meyer

1. Approval of the meeting minutes from April 4, 2019 meeting approved.
2. Review Staff Wellness Framework: The Fall focus is Emotional Dimension, the Winter focus is Environmental Dimension and the Spring Dimension focus is on Physical health.
 - a. "Produce for Pantries" and "Make-A-Change" will run through the end of October.
 - b. "Think Pink" will begin Wednesday October 9 and weekly on Wednesdays in October. Staff wear pink and post pictures on Facebook page.
3. All members can share on Facebook Health and Wellness page.
4. District 'Treat and Recess' policy reviewed. Copies for sub folders. Anne will contact the bus company to share this policy.
5. A short Survey Monkey will be sent to staff regarding interest of wellness activities on PD days.
6. Establish PD Committees at Elementary and Middle Schools. Coordinate with Community Ed to plan activities, coordinate healthy snacks.
7. Meetings for 2019-2020 are October 2, November 6, January 8, February 5, and April 1, 2020.

Meeting adjourned at 4:50pm.