

10-7-'20 PJSD Health and Wellness Committee Meeting Notes

Wednesday 10-7 Health and Wellness committee meeting - Outline

- Roy: Welcome Health and Wellness TEAM 2020-2021 to our virtual and in-person meeting for October 7, 2020.
 - Health and Wellness Google Classroom:
<https://classroom.google.com/u/0/c/MTczNjcyNTA1OTc5>
 - H&W Google Classroom Class Code: 4fo3fdu
 - H&W Google Classroom Invite link:
<https://classroom.google.com/c/MTczNjcyNTA1OTc5?cjc=4fo3fdu>
 - H&W Google Classroom Google Meet link:
<https://meet.google.com/lookup/clfdxpflks?authuser=0&hs=179>
- Carly: Fitness Center Updates/Staff Yoga/Comm Ed classes available
 - Carly shared a thank you from a parent from outside the district that thanked us for all the Health and Wellness resources that we have available online.
- Anne: Wellness budget has possible funds to offer scholarships to Com. Ed for staff yoga, etc.
- Michelle: Survey results: Mainly positive. Need to continue to emphasize that spouses and family members are also welcome to participate in challenges and on the Facebook and Instagram pages
- Roy: For the Hike of It review: Great participation and well received. Many comments about “Never knew there were that many great trails in Sheboygan County.” It was a healthy and mindful way to start the year. Ice Age trails are continuing with a fall trail challenge.
- Roy: PD Day Wellness Schedule (8:00-8:45) - 45 minutes dedicated to wellness. Anne reinforced the commitment to dedicated wellness time from 8:00-9:00am on PD days in all buildings for all staff (including paid wellness time for support staff).
- Wellness Opportunities at dedicated wellness time
 - Multiple opportunities mindfulness (Dena’s contact); Walking paths at each building; Walk and Talk; YouTube link of Dr. Tess Mindfulness Meditation, and Yoga:
<https://www.youtube.com/watch?v=1LmkIJFZd7M&t=172s> ; Favorite Mindfulness App in a location of your choosing; whatever is going to help you in a self-care way during these stressful times!
 - 2020-2021 PD Dates: 10-23, 12-11, 1-22, 2-19, 4-23
- School Staff Meetings in all buildings: Standing Agenda Item - Wellness Updates (5 minutes): Wellness Champions report wellness updates to their building’s staff
- Alex: Personal Training / Mighty Mondays &/or Virtual Fitness

- Elementary committee members please consider the opportunity to join the Wellness Leadership team in the Elementary Leadership Position formerly held by Jean Hoffmann/ Email Interest to Roy, Michelle, or Anne
- Other: Do quick/short daily inspirational moments during announcements at each building every morning (possibly Sue's book and other resources) to help staff and students start their day on a good note.
- Michelle: Biometric Screenings to take place (**Michelle dates?**). There is also the possibility of flu shots being given with the biometric screenings. Biometric screenings are open to all full AND part-time staff.