

Wellness Committee

Meeting Date: April 10, 2018

Attendees: Bob Rinehart, Diamante Panford, Karen LaBoda, Marisa White

Notes:

Mindfulness Class

Bob reported that the first 5 payments for the Mindfulness Class have been made.

Survey needs to be done regarding the interest for a summer Mindfulness Class. Include question asking preference on twice a week by 4 weeks or one a week by 8 weeks. Karen will ask opinions about this at the next class to obtain instructor & class opinions.

Wellness Committee Challenge

Karen will create a flyer to email to employees & upload into the Healthy Tiger Nation: Happenings section to explain the purpose behind the challenge.

Diamante will ask the nurses if they're willing to collect/organize the paperwork, at each school, which will then be submitted to Bob Rinehart for committee review and approval. Bob would then allocate a specific amount of funds, per building, for the items to be purchased/improvements to be made.

In the case of building contests, Carol could possibly tally results (to keep it neutral). Prizes would then go to the building organizer to disperse.

Convocation Day/Wellness Fair

Review of basic schedule (not finalized)

Breakfast 8:00 AM

Convocation 8:30 AM

Wellness Fair 11:30 AM - 1:30 PM

Bob reported that Carol has contacted some vendors. We have approximately 27.

Possible Upcoming Events

Weigh In Challenge - In the Fall:

Will do some activity ... possibly a weigh in challenge that would start the week before Thanksgiving and would end two weeks into January.

Weigh In Challenge - Over Spring Break (Diamante suggested)

ALICE Training

Self Defense

Next Wellness Committee Meeting: Tuesday, May 8, 2018 at the BOE - 3:45 PM