

Wellness Committee Minutes

Meeting Date: July 19, 2018 (Next Meeting: 1st week in August @ HS. Bob to advise date/time.)

Attendees: Bob Reinhart, Marisa White, Linda Rudy, Karen LaBoda, Carol Prendergast (Gallagher), Jay Akram (MMO), Anjali Rosedale (AVI), Kristen (AVI), Dr. Dixon, Caroline Jewell-Rogers, Paul Gustafson

Dr. Dixon:

Review of theme for Convocation Day, how she'd like the program to progress & transition into the Wellness Fair.

Jay Akram:

Discussion regarding the grant dollars. Runs on a calendar year with no carryover from year to year. Highlights of Biometric Screenings with Quest Diagnostics. Based on screening results, which are anonymous, Medical Mutual would be able to provide data back to the District for health drives/incentives. *Suggestion of competition between buildings ... come back after "X" months with resulting data, accomplishments, etc. District could award incentives. Jay will provide current brochure pdf links to Karen for uploading to the website. The goal would be to have the screenings done by December. Flu shots will be available at the same time. Paul suggested if employees help "check & remind" their co-workers about the screenings, it may have better end results. Marisa will get building contact person info to Carol & Jay so they'll be able to coordinate the screenings. Jay also introduced the Healthy Schools Program – Alliance for a Healthier Generation. This is a free program (National organization based) where the entire school district participates in the assessment. Tools and resources are provided to help drive the overall goal. This program has positive effect with food service, students & staff. Dr. Dixon supported the program idea.

Kristen/Anjali:

Review of the food for Convocation Day/Health Fair. We'll have a variety of dishes. Recipe cards will be ordered & pdf's will be given to Karen for timely uploading onto the website. It was also mentioned that a smoothie machine will be at the High School this year.

Wellness Fair:

- Review of current progress. 17 vendors committed.
- Timing is from 10:30 am – 1:30 pm.
- Reminder from June meeting: When the convocation notice is put out, include Linda's catchphrase suggestion to "BYOB – Bring Your Own Bag" in an effort to promote environmental consciousness. Include this on the website, too.
- Vendor Giveaway: CH-UH to provide the raffle tickets & ticket collection bowls.

Paul G. – Muse Meditation Device:

Paul introduced the committee to the benefits of the device and ran a demonstration. The committee was very interested. Jay confirmed that the device is an approved type item for a grant purchase. Bob supported the idea of purchasing 2 units & cases, per building, for sign-out usage by the staff. We will pursue the purchasing after we get into the new school year.