

Wellness Committee Meeting

Minutes: March 8, 2011

River Valley LRC

Members Present:

Kathy DeMari	Debbie Dvorak	Melanie Earnest
Mary Gricus	Joanne Mitchell	Gina Rodewald
Teresa Wise		

The meeting began at 4:05 p.m.

1. Public Comments
None

2. January 28th Wellness Institute Review

The committee members reviewed the staff feedback from the January 28th Wellness Institute. The committee noted that most sessions were highly rated by staff, with a few exceptions (Jump Start Your Health; Online A3 Nutrition; Multicultural Make & Taste; and Stress Management).

The following ideas for the 2013 institute were generated:

- A. Consider different levels of fitness for physical activities:
 - ✓ Show level of difficulty on sign up sheet
 - ✓ Do a humorous "Couch Potato" rating or similar
- B. Use Curves model: Offer stations to try different physical things for shorter amounts of time to provide an introduction to various physical activities.
- C. Consider including the Silver Cross screenings as a station (per B above).
- D. Consider using the registered dietician and chef available from Chartwells.
- E. Address the issue about staff going to sessions to which they weren't assigned as this caused overcrowding in some sessions and low attendance in others. Ask staff to be respectful to presenters who are donating their time by attending only assigned sessions.
- F. Repeat allergy training to meet state mandate.
- G. Vary the schedule of "listening" and "moving" sessions to avoid overbooking.
- H. Schedule exercise sessions throughout the day to avoid 3-4 exercise sessions in a row.
- I. Consider limiting exercise sessions to two per person.
- J. Use recycling containers for plastic bottles.
- K. Fitness center: Ensure that participants work with partners or have committee member monitor room for safety.
- L. Ask staff to conduct sessions again (well received by all).

3. Action Plan Tasks for 2010-2011

Committee members reviewed the three-year action plan. All activities for 2009-2010 were completed. For 2010-2011, the following plans and modifications were made:

- A. Joanne Mitchell and Mary Gricus will search committee archives to find the staff needs assessment that was conducted prior to 2009. The action plan indicates that the committee will conduct a staff needs assessment regarding wellness initiatives this year.

- B. Gina Rodewald and Mary Gricus will contact the Educational Foundation to discuss the possibility of planning a family 5K walk/run fest for 2011-2012. Such an event can be used as a fundraiser for the foundation while supporting the district's Wellness Plan goals of family involvement in fitness activities.
- C. During the next committee meeting, members will generate publications about "TV Turnoff Week" to post on the district's website.
- D. The goal related to nutrition education will be implemented during the review of the health curriculum within the district's curriculum review cycle (due to current budget constraints).
- E. The goal related to student focus groups for the food service program will be postponed to 2011-2012 to coincide with the Request for Proposal process that will be conducted for food service that year.

The meeting adjourned at 5:05 p.m.

