

Health & Wellness Committee Meeting
January 13, 2016
7:45 a.m., District Conference Room

Attendees: Barber, Bourke, Callahan, Fischer, George, Klein, Lund, Schuh, Wierzba

Other Attendees: No others

Agenda:

- 1. Book Read: *The No Complaining Rule*:** Administrative Team read it and would like the committee to do a book read and come up with ideas to share with staff.
- 2. Winter Walk - January 15th:** Suicide Prevention is the focus for this year's walk. There will be temporary tattoos, hot cocoa and magnets for people to take home. Art Club is making a banner.
- 3. Dinner and Dialogue Update:** Tomato soup with crackers will be the dinner that is handed out at the elementary school during parent/teacher conferences in March and at the MS/HS on March 25th.
- 4. Dane County Youth Assessment Ideas:** Discussed strategies for helping students deal with anxiety. Will incorporate ideas into mentor groups at the high school level, and yoga for MS/HS students. Plans are to also have a Wellness Day for staff and students.
- 5. Other:** No other items.

Next Meeting: February 10th at 7:45 a.m.