

Health & Wellness Committee Meeting
January 16, 2018
7:45 a.m., District Conference Room

Attendees: Backes, Barber, Callahan, Dunnington, George, Johnsrud, Kamrath, Klein, Koepfel, Schuh

Agenda:

1. **New Year Better You Challenge:** Distributed in employee mailboxes. Will recognize staff who participate at the Staff Recognition Program in May.
2. **Charity Miles Review:** Participation is through an App on your phone so you have to keep the phone on you for it to track your movement. Will try it again in the spring.
3. **NFL Play 60 Update/Smoothie Bike:** The middle school students had fun with the smoothie bike.
4. **Winter Walk:** Scheduled for February 9. The NFL Play 60 group will help with the event and will pledge to recruit people to attend. The group would also like to host a cheese tasting sometime this year.
5. **Rainbow Week:** Thinking about having this in April at the elementary school. Each day would be represented by a color: foods of that color would be served and the students would be encouraged to dress in the color as well.
6. **Family Fitness Night:** Scheduled for April 27. Planning to offer classes, an Amazing Race activity, a biking activity and healthy cookout.
7. **A La Carte:** Committee would like Mountain Dew Kickstart eliminated from the a la carte line in the MS/HS cafeteria. Information from Dr. Stevens was shared with regard to the potential effects of caffeine and healthy alternatives that she recommends in her practice.
8. **School Nurse Update:** Lisa Koepfel shared that she will be attending Narcan training. Discussed district initiatives regarding suicide prevention.
9. **Nutrition Services Update:** Adam Dunnington shared what he has learned from the Wausau school district about the guidelines on their 'No Thank You Table'.
10. **Bridges Update:** Jessie Backes shared that there is a ski trip to Cascade planned for February 2. She secured a group ticket price but families are on their own for transportation.
11. **Other:** No other items.

Next Meeting: February 20th at 7:45 a.m. in the district conference room