

Health & Wellness Committee Meeting  
February 21, 2017  
7:45 a.m., District Conference Room

Attendees: Barber, Bourke, Callahan, Fischer, George, Klein, Lund, Stevens

Other Attendees: Eileen (guest speaker)

**Agenda:**

1. **Guest Speaker – Rape Crisis Center:** Eileen introduced the movie *The Mask You Live In*, which is geared towards boys and masculinity. Discussed showing the movie at school, possibly piloting it with a student group.
2. **Family Fitness Night:** Scheduled for March 17<sup>th</sup> from 6:00-7:30. Various activities including Zumba, Pound Class, and walking laps in the gym. Plan to serve veggie pizza, apples and dip.
3. **Family Bike Night:** Proposed date is May 12<sup>th</sup>. Looking to get a 1-night bike trail pass from the DNR. Run two shifts, would start the ride at the elementary school. Recent email from Pam Klein informed the committee that the Deerfield Chamber of Commerce is holding their Bikes to Big Rigs event on the same day. Will postpone until fall.
4. **2 X 20 Update:** Program to encourage staff to take 20 minutes, 2 times each week, for themselves. Discussed how to track it and possibility of having a speaker come in to speak to staff.
5. **Staff Mini-Weight Training:** Staff members have asked about having a training on how to correctly use the equipment in the weight room. Discussed possibility of starting a staff training program.
6. **Nutrition Services Report:** District Wellness Policy will be reviewed and updated over the summer.
7. **Nurse Report:** Discussed offering vaccinations for kids at student registration.
8. **Other:** No other items.

**Next Meeting: March 21<sup>st</sup> at 7:45 a.m. in the district conference room**