

Health & Wellness Committee Meeting
March 3, 2016
7:45 a.m., District Conference Room

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

Other Attendees: No other attendees

Agenda:

1. **Family Fitness Night:** Scheduled for March 11th from 6-7:30 pm. Family yoga and Zumba classes will be offered on one side of the gym and games on the other side.
2. **Food Service Update:** No report.
3. **Deerfield on the Run:** Pam Klein shared that she hopes her student teacher will be able to help out with the program this year, which runs for eight (8) sessions in May on Tuesdays and Thursdays. Last year there were 58 students who participated. \$15 fee will include a t-shirt and snacks.
4. **Dinner and Dialogue:**
 - a. **Spring Break Ideas:** Will make a bag for each family in the district with the makings for a dinner and ideas for family activities over spring break. Elementary school will give out at P/T conferences.
 - b. **Distribution List:** Nothing at this time.
5. **Mindfulness:** The book, *The No Complaining Rule*, is a quick read and uplifting with good, usable information. Would like to take staff through a Zen Yoga session before the end of the school year.
6. **Other:**
 - a. **Trauma Informed Schools:** Jacquie Schuh went to a training workshop about how trauma can impact learning in the classroom. Would like to help kids learn strategies to relieve stress.
 - b. **Teacher Appreciation Week:** Suggested providing massages again this year for staff.

Next Meeting: April 7, 2016 at 7:45 a.m.