

Health & Wellness Committee Meeting
April 7, 2016
7:45 a.m., Middle School Conference Room

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

Other Attendees: No other attendees

Agenda:

1. **Dinner and Dialogue Update:** Distributed at ES during conferences and at MS/HS during winter sports programs. Extra were donated to DCC Food Pantry.
2. **Friday Family Fitness Report:** Approximately 100 people attended. Will consider bringing back open gym time.
3. **Deerfield on the Run:** May 3-26 on Tuesdays and Thursdays. Was advertised via Tuesday News Day.
4. **Mission SLIMPossible:** 36 staff members are participating. It runs for eight weeks and there are daily goals and weekly challenges.
5. **Food Service Update - School Garden:** There are six raised beds and budget is good. Planning to plant carrots this year.
6. **Bike to School:** May 4 and 18, meeting at bike trail on Oak Park Rd. at 7:15 a.m.
7. **Walking School Bus:** Will plan to do this in the fall.
8. **Other:**
 - a. **Dane County Youth Risk Survey:** Jacquie Schuh reported that results show numbers greater for depression and anxiety. Hope to have action plan for next school year to provide students with coping skills. Entire staff attended yoga class on April 13th as part of early release activities so they can promote it next year to students.
 - b. **No Complaining Rule Book:** Staff members have been checking it out and reading it for professional development hours.
 - c. **Policy Update:** Will look at updating the Health and Wellness Policy for next year.

Next Meeting: May 5, 2016 at 7:45 a.m.