

Health & Wellness Committee Meeting
November 15, 2016
9:30 a.m., District Conference Room

Attendees: Klein, Lund, Wierzba

Other Attendees: Johnsrud, Kamrath, Ally Tebon

Agenda:

1. **Winter Walk:** Scheduled for December 2nd from 5:30-7:00 before the girls basketball game.
2. **MS Health Fair Update:** Scheduled for January 6th from 12:15-1:30 in the small gym.
3. **Massage Day Update:** No update.
4. **WHPE Conference Report (Pam):** Pam Klein will report on this at the next meeting.
5. **PEP Grant:** Barb Callahan and Michelle Jensen's input is needed so will discuss at a future meeting. Deadline is in March.
6. **Mindfulness PD Opportunities:** Pam Klein will share these with Barb Callahan.
7. **Worksite Wellness Survey:** Pam Klein shared some things that Waunakee school district has done. She will check with Wendy Helminiak on what Dean Health System has to offer.
8. **Other:**
 - a. **Student Athlete Camps:** Deerfield student, Ally Tebon, shared that students from high school Student Council and TRUE ID have been holding camps for younger students.

Next Meeting: TBD