

Health & Wellness Committee Meeting
March 20, 2018
7:45 a.m., District Conference Room

Attendees: Backes, Callahan, Fischer, George, Johnsrud, Klein, Koepfel

Other Attendees: No other attendees

Agenda:

1. **Rainbow Week Update:** This is happening at the elementary school this week. A different color for each day for the kids to wear and a food of that color offered for them to try.
2. **Family Fitness Night:** Scheduled for April 27 from 6:00-7:30 p.m. The NFL Play 60 Group will help out with the various stations which include POUND, yoga, open gym, Amazing Race, etc. and a healthy dinner.
3. **Deerfield on the Run:** Looking to hire two more coaches to help with this program scheduled for May. Will see if anyone in the Deerfield Exercise Group or Runners Group would be interested.
4. **Staff Bike Night:** Scheduled for May 10, rain date of May 17. Will encourage staff to participate.
5. **Summer Workout Challenge:** Planning another Summer Burn program for staff. Pam Klein will put it together and send out.
6. **Bridges Update:** Jessie Backes shared that a Yoga/Pilates class will be starting in April, a Pickleball league will be starting up soon, and she is looking to hire a replacement instructor for Bobbi Schmitt, who recently resigned.
7. **Nurse Update:** Lisa Koepfel shared that DPI has adopted Narcan Education and she is going to look in to how we can obtain Narcan to have on site.
8. **Other:**
 - a. **Fitness Center:** There have been issues with treadmills in the new fitness center. Jessie Backes will contact the vendor to discuss options to alleviate these issues.
 - b. **NFL Play 60 Group:** Crave Brothers from Waterloo will visit the MS/HS on March 22 during the lunch hours to offer a variety of cheeses for the students and staff to taste.

Next Meeting: April 17, 2018 at 7:45 a.m. in the district conference room