

Health & Wellness Committee Meeting  
April 17, 2018  
7:45 a.m., District Conference Room

Attendees: Backes, Barber, Callahan, Fischer, George, Johnsrud, Klein, Koeppel, Stevens

Other Attendees: No other attendees

**Agenda:**

1. **Deerfield on the Run Update:** Program will not run in May; considering holding it during the summer.
2. **Family Fitness Night:** Scheduled for May 11 from 6:00-7:30. Will offer different activities and a healthy cookout of chicken, turkey dogs, fruit, raw veggies, healthy pizza. The NFL Play 60 group will help.
3. **Early Release Staff Activity:** Planning a biking activity on May 9 during early release. Will use the new bikes and up to 58 staff can participate.
4. **Teacher Appreciation Week:** May 7-11. Staff have been asking if we are going to offer chair massages. Pam Klein will look in to arranging for massage therapists to be here.
5. **Bike Club for 2018-19:** New program called Deerfield Bikes for Middle School Students being considered for Bridges next year. It would run 2 days a week and Melissa Frame has offered to lead it.
6. **School Nurse Report:** Lisa Koeppel shared that about 15 staff have signed up to participate in the Slim Down Challenge being run through Fort HealthCare.
7. **Nutrition Services Report:** It was reported that the elementary students had fun during Rainbow Week where there was a different color for each day that the kids dressed in and foods of that color were offered. DPI audit will take place the first week of May.
8. **Bridges Report:** Jessie Backes reported there are 14 teams for Pickleball and new sessions of the adult fitness classes have begun.
9. **Goals for 2018-19:** Would like to educate kids more about the importance of sleep. REM = rest, eat, move.
10. **Other:**
  - a. **Bike to School:** Scheduled for May 16; ordered glow-in-the-dark bracelets for the participants.
  - b. **Mindfulness Training:** Donna Rifkin is leading this training and 25 staff members are participating.

**Next Meeting: May 15 at 7:45 a.m. in the district conference room**