

Health & Wellness Committee Meeting
May 15, 2018
7:45 a.m., District Conference Room

Attendees: Backes, Barber, Callahan, Dunnington, Fischer, George, Kamrath, Klein, Koepfel, Schuh, Stevens

Other Attendees: No other attendees

Agenda:

1. **Family Fitness Night:** Turnout was a bit lower this year, thinking maybe it was due to the cool weather. NFL Play 60 group was a big help. A suggestion for next year is to hold one at the middle school. Ten families participated in the Amazing Race and reported the Google Form worked well.
2. **Bike to School:** Scheduled for May 16.
3. **NFL Play 60 Group Senior Project Summary:** Ally Tebon started the group as her Senior Step it Up project. She reported that she enjoyed doing it and found the kids to be very helpful.
4. **New Year Better You Summary:** Ten summaries were turned in from staff.
5. **Summer Burn:** Last year around 30 staff participated so it will held again this year using Charity Miles.
6. **Staff Survey:** It has been a long time since staff were surveyed so would like to offer it using Survey Monkey.
7. **Bike Club for Fall:** Pam Klein will reach out to Cambridge.
8. **Goals for 2018-19:** Theme for next year will be REM – Rest, Eat, Move. Plan to promote Eat Smart – Move More to the community and hold a Wellness Night for MS/HS. Will promote information on wellness at Expect Success Night in August.
9. **School Nurse Report:** Lisa Koepfel reported that she will be in the district 30 hours/week next year. She has started preparing for next year.
10. **Nutrition Services Report:** Adam Dunnington shared that DPI was here last week for an audit and they were impressed by our nutrition and Health and Wellness policy. Lunch payments will be done through Skyward next year.
11. **Bridges Report:** No report.
12. **AODA Report:** Jacquie Schuh reported that she is applying for a mental health grant and shared that data from the Dane County Youth Assessment shows an increase in anxiety and depression.

Next Meeting: July 17, 2018 at 12:15 p.m. in the district conference room