

School Wellness Committee Agenda

Tuesday January 21st, 2025

Committee members: Jennifer Hook, Amanda Foreman, Krystal Braumann, Elizabeth Adams, Melissa Blair, Shelly Gray

Agenda

- Introductions:
 - Your Name
 - Role in the district
 - What are your plans for warmer weather?

- Debriefing of current wellness policy
 - Policy
 - Tri-annually
 - Principal Survey progress
 - Website/PowerPoint

- Inventory of Staff Wellness Programs:
 - Staff Wellness initiatives - website, ideas Mac membership, virgin pulse, EAP
 - Strategizing around our staff wellness programs
 - Idea - list current wellness initiatives and group on district website
 - Programs in CR our wellness program can be involved with

- Inventory of Student Wellness Programs:
 - Identify/compile what programs available for students
 - Schedule principal communication - progress survey, resources

- Planning for the future:
 - What is the purpose of this group and what do we want to accomplish?
 - Someone you think would be a great fit for this committee have them join us.
 - How do we reinforce healthy habits-encouraging non-food incentives?

Action Items:

1. Schedule principal communication - progress survey, resources
2. Triennial assessment update due May 2026
3. Policy review board approval
4. Staff wellness website page