

WELLNESS HEALTH COUNCIL

MEETING MINUTES

Sept 19, 2023, at 3:00pm

Members present: MK Templin, Chris Krott, JT Magro, Amanda Tanner, Brandon Wittmer, Matt Splain, Lindsay Burns, Erin Jackson

No updates needed for the Wellness Policy.

No updates from Food Services at this time.

OLD BUSINESS:

The Triennial Wellness Policy Assessment was completed, reviewed and approved at the end of last school year.

The High School is continuing Wellness Mondays with several activities and people interested in leading them. The Elementary School is doing a monthly activity.

Nicole Graham launched employee wellness challenges at the Elementary School last year and it was well received. We will follow up with her about continuing the challenges.

CPR & AED Education will be set up for faculty & coaches in October.

Matt is still pursuing evaluations for staff health through Highmark.

NEW BUSINESS:

Mary Kay and Chris will pick a day and do Apple Crunch Day in October and Go for the Greens in March.

Open discussion:

MK encouraged members to bring any ideas for wellness activities to the table.

JT mentioned student hygiene and having Mary Kay do the CPD/AED education in his classes.

The HS gym classes are walking a mile a day and once the weather changes will be learning about health, good eating habits, exercise, etc.

Erin mentioned an opportunity for her and Kera to attend more training on Mental Health that she can bring back and share.

Next wellness meeting scheduled for Tuesday, April 16th at 3:00 in Room 111 at the high school.

Respectfully submitted,

Mary Kay Templin

Christine Krott