

## Feb 12, 2024 | Wellness Committee Meeting

Attendees: Brian Regan, Leslie Levine, Erika Haraguchi, Andrea Briney, Jason Hill, Misty Fritz, Margaret Wilson, Jessica Gould, Sarah Bigham, Emily Gustafson

### Summary:

The committee welcomed Jason Hill, PE teacher at Runyon, and new Nutrition Services Supervisor, Sarah Bigham. We recapped December's meeting where we had wanted to look at what other districts were doing. We discussed tying in our student-focused wellness program with what's being done for employee-focused wellness, and achieving small wins—potentially in the form of a volleyball tournament. We then reviewed the Wellness Committee Goals and dissected what is already being done to meet those goals, as well as where we have room to grow to meet them better.

Will be sharing out CASB board info

- Updates:
  - Did not get data for all identified sites
  - Many districts used CASB board policies and have similar verbiage
  - We determined we are a smaller district that is relatively affluent compared to others
- Accomplishing Committee Work:
  - Recruitment of key members
  - Focus for this year:
    - Solidify wellness policy
    - Highlighting areas of focus
      - Subcommittees
      - Some schools have activities related to wellness—not every school participates in the same thing
    - Survey of community to find out what they know about our efforts
    - Identifying a school that is already incorporating wellness really well and highlighting their efforts as inspiration
    - Letting our community know we are here
  - Focus for next year:
    - Identifying someone who is interested in wellness at each site.
- Collaborating with Employee-Wellness
  - Nutrition does promotions each month—could mirror for students what's being done for staff wellness
- Meeting Closeout:
  - Presenting ideas to the Board toward the end of this year to try to solidify recruitment efforts to start next year with a full team.
  - In lieu of March meeting—more data gathering