

### **Implemented Ideas**

1. Wellness Calendar  
Emily - Elementary  
Kennedy- HS  
Gift Cards for monthly winners.
2. Weekly Wellness Nutrition/Health Tips - Morning Announcements on Elementary
3. Staff Wellness Newsletter via email
4. Viki - Mental Health Counselor from staff in service day. Stress Management
5. Planet Fitness- Reimbursement for staff participation. Implemented June 2023.
6. Life Line Screening- Continue every other year?

### **Physical Education**

American Heart Association - Elementary

Walking measurements for hallway inside building- Need to mark. Eric did measurements

### **New Ideas**