

Health/Wellness Team Meeting Notes

Feb. 29th 2024

5:00pm

Attendants: Kerry Morrissey/ DFN, Eric Sampson/PE, Kathy Randolph/PE, Ashley Dowling RN/nurse, Kimberly Adams/teacher, Jordan Wrasck/Principal, Emily Brinker/Principal, Alannah Smith/guidance, Kenadee Pezzano/guidance.

Health team Coordinator: Heidi McIntosh RN, MSN

Continued Activities:

Wellness Calendar will be continued to assist staff to implement health and wellness. Emily will continue to provide the elementary staff and Kenadee will provide the jr/hs side for calendars and prizes for the end of each month. Gift cards have been provided for the monthly winners.

Weekly Wellness Nutrition and Health Tips. Morning announcements will incorporate Wellness topics/health tips for the elementary. Positive feedback from staff. Continue the emails from Ashley RN for a staff wellness component.

Planet Fitness Reimbursement. Wellness benefit for staff was implemented in June 2023. Will continue offering for staff membership for classic promo \$10.00/month or black card for \$24.99/month. Need to have 6 visits/month to qualify for reimbursement. Take print out of days to treasurer's office. Join online.

Physical Education:

American Heart Association in elementary for jump a thon. If we reach the goal, the elementary office staff will dress up Monsters, Inc. for picnic.

Continue to mark the walking measurements for the hallways inside the building. Eric did the measurements.

Nutrition:

Kerry is continuing to look at nutritional options for the menu. Suggestions are encouraged.

New Ideas:

Eric mentioned the Vitality App. Members can track and earn points with the App that is designed for Apple or Android users. The App encourages the user to live your healthiest life by allowing you to track your activity wherever you are. Follow up with insurance for incentives for tracking app.