

BSD100 District Wellness Meeting
January 20th, 2016
Meeting Minutes

January Health: -Continue Healthy Habits, Cold & Flu Prevention
-Increased opportunities for Employee Health & Wellness Initiative (see below)

- I. Healthy Hot Spot
 - A. Goal: Work on 2-3 Assessments, End of the yr.-apply for award for Physical Activity
 - B. Please, look into incentives/resources!!
 - 1. Example- Pershing: Gert applied for/received Marathon Kids grant through Healthy HotSpot Let's Move! website- \$750 grant given for running club.
 - 2. ASSESS your school wellness practices & enter to win weekly prizes! Up to \$500 (Please do this, since we need to work on 2-3 assessments at each school anyway). *EMAIL should have been sent from Alliance for a Healthier Generation re: this.*

- II. Increase Opportunities for Employee Health & Wellness Initiative
 - A. Google Doc Schedule of Fitness Opportunities: "D100 Staff Fitness and Fun"
 - B. Freedom Fitness Center
 - 1. Email your staff promoting access.
 - 2. Send list of names to Bob Simms & Jane Bagus for key card access.
 - 3. Please update Google doc. on # staff key card requests.
 - C. Distribute AHA "My Life Check"/"7 small steps to Big changes" card
 - D. Individual School Competitions?
 - 1. Biggest Loser (Pershing, Emerson...)
 - 2. FitBit Challenge (Irving, Freedom...)
 - 3. Others?? (Healthy cook-offs, recipe challenges, etc.)
 - 4. Please update Google doc. If enough schools start challenges, perhaps school vs. school competition)
 - E. Offer Monthly Health/Wellness Opportunity
 - 1. Planning: #BikeWitMike Staff Event (Cindy & Mike working on this)
 - a. **February 18th, 3:45-5pm at Freedom Fitness Center
 - b. Spaces limited to 30; will create sign up sheet for this.
 - 2. March 10th, Wellness Fair at Heritage (5-8pm)
 - 3. Planning: D100 Staff Spring Walk/Run - (Gert & Cindy to work on this)-In past, SBEA held Turkey Trot/Holiday Hustle; we will plan in April? Discussion of donation?, canned good/boxed item? Food gathering afterwards?
 - F. Blood Drive (a way for Staff to help and "give back")
 - 1. Think about setting one up at your school.
 - 2. Can use Life Source-they set up everything for you; you just need to be there at event, work on filling time slots for donations
 - G. Future Staff PD on Health/Wellness topics?
 - 1. MacNeal states they can help look into providing free PD

2. Topics such as: Stress Management, Nutrition

III. Wellness Fair

- A. Thursday, March 10th, at Heritage (5-8pm)
- B. Please brainstorm any new ideas; will discuss at next meeting.
- C. Let Cindy know if your school will participate in anything (i.e.-dance performance)
- D. Please let Cindy know if you will be at this event.

IV. School Updates?/ Time to share Ideas

- A. Heritage- Color-A-Thon (May 18, 2016)
- B. Komensky- Trying to raise \$ for new playground, accessible to all (OAV)
- C. Piper- Trying to raise \$ for updated playground (OAV)
- D. Others???

IV. Community Partnership Updates

- A. MacNeal distributed MacNeal Winter Newsletter & Diabetes Support Group Info.

V. Other

- A. Social Media Accounts: On BSD100 Wellness Google Doc, please add your social media account if you have one. If you don't have one, think about setting one up. Please use : #BSD100Wellness for BSD100 Health & Wellness related activities :)
- B. X-Sport Fitness Contact: Phil stated that he was able to communicate with Manager. They will have a stand at Irving Wellness Fair, offering free week, resource for community membership