

**Student Wellness Advisory Team
May 6th, 2019**

Mission: The mission of the Student Wellness Team is to educate students, parents, and staff to promote healthy lifestyles and environments in order to improve their health and performance.

Purpose: To provide education and promote healthy lifestyles and environment to improve the health and performance of students, parents and staff.

Expected Outcomes:

1. Welcome Committee Staff members
2. Presentation: Summer Safety
3. Updates from our AC and EPS Nurse
4. Student Wellness Discussions/Updates
5. End of Year Celebrations

Starting Time: 4:30 PM

Ending Time: 5:30 PM

Location: Board Room

WHAT? (Content/topic)	WHO? (Presenter)	TIME REQUIRED
Welcome/Introductions	Pendergrass/Gillham/Conley	5
Nursing Updates and Presentation Summer Safety	Conley/Gillham	25
Site Wellness Updates	Pendergrass Groups	20
End of Year Celebrations	All	5
Other information: Meeting time for 19-20		

Staff Wellness

Thank You –

Review and thank you for everything we have accomplished this year.

Thank you for your commitment this is located in our climate survey –

Recap

We would like to establish time for staff (ME)

Call out to all of our resource that assist us in bring all of the events to action.

Matt T has been a huge help with the data collected for the 18-19 year

Introductions for everyone – Please make sure you sign in

13 New Wellness Champions to represent the School District

Online Survey – Fitness events – We are trying to stream line this type of action – If you have feedback please share

Health/Open enrollment Fair

Please post the Flyers for the Enrollment Fair that is at Neuwoehner Gym's

9:00 AM – 1:00 PM

Roundtable discussion

Share –

Massages – blood draw – Had weekly drawings for treats that promoted wellness. Focused on relieving stress.

3 hour workshop focused on Self Care – Massage Therapists – for staff and stretching, Aetna discussed the importance of Laughter – yoga, singing bowls – played the bowls while they completed yoga, Healthy snacks and water

Raffles, read books, Numerous exercise programs – Leadership team working together, Wellness Activities are placed in to a Google drive so staff in partner districts can access (Riverview), Running events – Mammogram – Mindfulness -

Student Wellness

Word of the month to promote students –

Hoops for heart – Heart walk where school was allowed they got a heart trinket

Dairy challenge spots on the cow –

Litzsinger UMSL screening – Dentist Special Olympics, Monthly seasonal Boards
Healthy food, get some moneys through Carneys Kids – Healthy Foods students
loves –

Options – Yogurt Fresh fruit and veggies –

Dental Van hearing, PE teachers

Difficult time to get permission slips back from families to attend clinic at North
Tech

Clinic Open Summer:

May 15th

August 15th

Blended lunches – are limited – Sodexo co sends a menu to Ackerman –