

Dec. 7, 2009 District Wellness

In attendance: Mary Grishaber, Lynn Ziegert, Cindy Berndt, Marian Moberg, Danielle Kohls, Marcia Schmidt, Susie Steingraber, Crystal Gorwitz, Sandy Schulz, Laura Jankowski, Patty Blum, Janice Zuege

District Fitness Center – Walk-a-thon fundraiser will be held April 17, rain date May 22. Please contact Laura Jankowski if you'd like to help. All proceeds will go to the District Fitness Center. A Walk-a-thon committee will need to be formed. A co-chair from the District Fitness Center as well as from all schools would be appreciated. General information was distributed.

HHS School Employee Wellness Award – Binder of application was circulated. A summary of the application was presented and the application was submitted.

Staff Wellness Stipends – Each building has \$300 to be used for staff wellness and \$500 for the District Employee Wellness. Grant applications will be due to Sandy Schulz by Jan. 21. District Wellness committee members are asked to email Sandy Schulz 2-3 questions by Dec. 18 to be used to create a staff survey of requested wellness activities of through Survey Monkey.

January meeting agenda – a staff member will present a proposal for a District Wellness Coordinator. Following the presentation, the district wellness committee will discuss the proposal. If the district wellness committee supports the idea, a formal recommendation will be presented to the administrative team. The administrative team then needs to accept the recommendation and forward it to the Board Personnel Committee for approval and then a formal motion for the entire Board to approve/reject. If the Board approves the position, the position would be posted and interested individuals would need to apply and be interviewed.

#### Committee Reports

GES – Movin' and Munchin' Program. A few staff are involved with Weight Watchers. A chiropractor spoke on nutrition, reading food labels, etc, during the beginning of the inservice.

GMS – Movin' and Munchin' – Students involved math skills by calculating mileage and number of miles traveled around the world. Article was printed in PC Fox West. All students participated in the Fitness. Results were posted on wall of gym. Will plan to retest the students in 4<sup>th</sup> qtr and add more names top the gym wall. Teachers are taking kids outside for walks. Students have asked about a dance unit in PE. A new idea is Dancing With the Stars. Students and their partner could create their own dance and compete. Volleyball lunch tournament will begin.

HES – Successful Movin' and Munchin' Program. Materials/ideas are being gathered for Fitness Breaks. The Polar Bear Walking Club has started during recess for grades 1-4. Students are very receptive and involved. They check out pedometers, walk during recess, and then log their steps. Students will report on their fitness activities during the holidays when they return in January to determine if they've "lightened up."

HMS – Completed Movin' and Munchin' program. 175,961 miles were logged. 8<sup>th</sup> grade health took At-Risk behavior survey. Grant was received for strength training. Restroom reminders – about 75% is dedicated to wellness. 8th grade health students will be involved in a Health Winter Challenge. We will inquire with Josh about the possibility of having a salad bar during lunch. Bronze award for Alliance for a Healthy Generation.

HHS – Student Danielle Kohls joined. Amazing Race intramural teams formed. In January, healthy tip of the day on morning announcements will begin.

Activate Fox Cities – Calendar is on website. Last meeting was cancelled.

Nutrition – Soup is being offered at HHS. Fish fillet and Chicken Alfredo with whole wheat pasta offered. Hairnets for rollerblading are in.

Each school needs to submit the final Movin' and Munchin' report to DPI, PO Box 7841, Madison by June 15.

AODA – PAWS VB tournament on Dec. 18. Lockin scheduled in January. Jason Hurley and a team attended a presentation on how drugs and alcohol affect athletes and tightening loopholes in co-curricular codes. AODA is pursuing a Challenge Day to be held in the district.

H1N1 –Clinics at HASD Dec. 17, 2009. 8:30 at HHS and GMS, 1:00 HMS and 3:00 HES

Next meeting Jan. 4, 2010 3:45 – 4:30.

Respectfully submitted,

Janice Zuege