

January 4, 2010

District Wellness Meeting

In attendance: Lynn Ziegler, Dave Wuebben, Susie Steingraber, Danielle Kohls, Cindy Berndt, Patty Blum, Crystal Gorwitz, Marcia Schmidt, Dan Miliren, Sandy Schulz, Jessica St. John, Laura Jankowski, Brenda Miller, Wendy Neyhard, Janice Zuege

Members introduced themselves as we had a couple of new members.

New/Continued Business:

Walk-a-thon on Sat. April 17, rain date May 22: District wide fundraiser for the Wellness Center. Information was distributed. It is possible for the route to include both campuses. Volunteers are needed to form committee. Contact Laura Jankowski at laurajay@charter.net. Dave cautioned that we need to make sure that the principals are aware of this activity as it is a fund-raiser.

Student report: Danielle reported on student concerns regarding the breakfast pizza and the hash browns greasy and burned. Muffins are good. Volleyball is successful.

Staff Wellness stipends per building/applications – Survey questions were not submitted to Sandy.

H1N1 update – 2nd clinic on Jan. 21 from 3:00 – 6:30 at HES. 1st clinic saw a 20% response rate. Letters will be mailed to parents of elementary students, given to ms students, and mass phone message to HS.

Building Reports:

HHS: pickle ball tournaments, wellness prizes, shoulder massages, bananas and milk to HS students during finals week.

HMS: Healthy winter challenges in 8th grade health. Information available on Crystal Gorwitz's website. Salad bar is a request for lunches.

HES: Survey will be given to parents and staff about interest in and support of a breakfast program.

GMS: Volleyball tournament at lunch time. Hope to begin snowshoeing.

GES: Preliminary discussion of an outside running/walking trail. Want to find ways to get kids moving during indoor recess. Jump Rope for Heart will begin soon.

Activate Fox Cities: Well City Program purpose is to get companies to use the facilities to become active. We will not participate at this time. The Healthy Kids Institute will be held in August in Appleton. The purpose is for teachers and administrators to attend and develop a wellness plan; however, it is the same week as the Polar Bear Academy.

AODA did not meet in December but will be meeting in two weeks.

Brenda Miller gave a presentation to become District Wellness Coordinator for the purpose of improving staff wellness. Responsibilities may include working with the insurance committee, smoking cessation, working individually with staff, setting up programs, health/risk assessments, stress management, physical testing, etc. The District Wellness committee took no action but will discuss this at the next meeting, Feb 1, 2010, 3:45 – 4:45.

Respectfully submitted,

Janice Zuege