



DISTRICT 64 WELLNESS COUNCIL

November 12, 2013

Present: K. Engle, N. Azark, P. Risk, P. Yurkovic, S. McDaniel, M. Lones, M. Arnold, M. Sutschek

•Update on Activities

Discussed progress on current projects that were developed in September. These include:

- *Regular Staff Bulletin messages re: Wellness Council activities, as well as tips/resources for health maintenance
- *Pedometer challenge for staff at all schools, beginning at Lincoln after winter break
- *Open gym at Emerson for staff after-school use; will include yoga classes
- *"Caught Being Healthy" campaign for students
- *Staff Healthy Tips posted in strategic places to catch staff attention.

•Request for Treadmills

It was suggested that Emerson could use another treadmill for student use in the Fitness Center. Will pursue funding options.

•Whole Foods: Nancy LaBrecht

Representative from Whole Foods, N. LaBrecht, Marketing and Community Relationships, joined us to share how WF might work with the District 64 community to enhance wellness. She discussed several possibilities that we may want to pursue:

- student healthy cooking classes
- providing healthy snacks for students
- assemblies for K-5 students
- healthy cooking classes for staff
- fundraising projects to benefit student health and fitness

Nancy will keep in touch with Marissa Arnold.

•Next Meeting:

Tuesday, January 21st, 2014 at ESC