



DISTRICT 64 WELLNESS COUNCIL

Feb. 4, 2014

Present: T. Gleason, J. Morrison, M. Arnold, M. Temari, P. Bender, P. Sammons, M. Sutschek, P. Yurkovic, S. McDaniel

- Pedometer Challenge

Tim Gleason has coordinated this project for staff. Lincoln had 26 participants, who logged # of daily steps on a Google Doc that Tim developed. Buildings have the option of providing their own prizes/recognition for winners. Washington will participate next.

- Toilet Talk: Just for the Health of It

M. Arnold and K. Engel created a 2-page flyer that has been posted in staff restrooms. The flyer contains information about exercise and nutrition, and has received positive feedback. Plan is to post new flyers about once monthly. If there are links to good health promotion websites that Council members would like to be included, please email to Marissa and Kelsey.

- Benefits Fair-March 19, 2014

Business Manager Becky Allard invited Wellness Council to have a booth at the district Benefits fair. Ideas suggested by Council members: tour of Emerson's workout room for staff; blood pressure screenings; Pedometer Challenge results; update on Wellness Council/Teams activities

- American Heart Association-Red Day

Nurse met with a rep from the AHA. Council members unsure as to whether there is enough time to participate in Red Day this month.

- Caught Being Healthy/April Healthy Living Month

P. Yurkovic and N. Azark have offered to develop a simple program to reward students for having healthy lunches, during April's Healthy Living Month. More details to follow.

- Whole Foods Fundraiser

M. Arnold working with a rep from Whole Foods, to plan a Benefit Day for March 17th. Ideas on how the proceeds could benefit District 64 students: Travelling Fitness program, rollerskates/blades. More ideas and details of the Benefit Day to be discussed at next meeting.

- Indian Scouts Walk/Run Fundraiser

Dr. Bender gave an update on this year's 2nd annual Indian Scouts fundraiser, which will benefit a local student with medical needs. Date is May 10, 2014, and Wellness Council members are welcome to participate, attend, etc.

- Next Meeting

Tuesday, March 4, 2014, 4-5pm, ESC.

Submitted by M. Petkofski Temari

