



DISTRICT 64 WELLNESS COUNCIL

May 13, 2014

- **Whole Foods Fundraiser Proceeds**

Total funds raised on 3/17/14: \$3038.05. Decision to be made as soon as possible, on how to utilize funds. Must benefit district 64 students. Discussed various ideas: wellness assemblies, cooking classes, fitness testing materials, school gardens. Dr. Bender will mention to PTO presidents and principals, for project ideas and collaboration.

- **Progress on Goals**

For the 13/14 school year the Council, in conjunction with school teams, focused on 2 goals: Encouraging Staff Wellness and Engaging Parents and Community

Staff Wellness activities included: fitness center access, yoga classes, Pedometer Challenge, "Just for the Health of It" flyers, Whole Foods fundraiser. It was felt that district staff are becoming more familiar with WC goals and activities.

The Whole Foods fundraiser facilitated connection with parents/students and the local community, especially since we had WC information available at Whole Foods, in addition to district staff working as volunteers.

- **Pedometer Challenge**

Activity has been well received. Field School is next, with Jefferson to follow. Pedometers purchased by WC are no longer functioning as well as they should. It was suggested that if the Challenge were to be held again, staff may use their own pedometers.

- **Toilet Talk: Just for the Health of It**

Positive comments received on these staff-only newsletters. Will continue posting newsletters next school year.

- **Staff Cooking Class**

Due to a change in Self-Directed Wednesday, WC was unable to schedule a Whole Foods cooking class for staff at Emerson. Will pursue this activity next year.

- **Next Meeting**

Will meet in September. Date to be determined.

Submitted by M. Temari