



**DISTRICT 64
WELLNESS COUNCIL**

March 3, 2015

Present: P. Sammons, M. Arnold, M. Sutschek, P. Risk, P. Yurkovic, C. Meredith, M. Temari

•Caught Being Healthy

Week of 3/16; flyers posted in all K-5 buildings; students encouraged to bring a healthy lunch (guidelines provided); lunch supervisors will hand out raffle tickets to students with healthy lunches

•American Heart Association RED OUT

Campaign was health week of 2/9/15. Culminated in RED OUT day in which staff members wore tshirts they received when a donation was made to AHA. Total proceeds to be donated to AHA, in memory of Lisa Garcia: \$2149.00

•Spring Fitness Challenge

A non-competitive event that any staff member can participate in. April 7th until May 29th. Participants post a fitness goal of their choice (calorie counting, exercise, etc.) on the Fitness Tracker, found on Google Drive. At the end of each week, participants will rate their progress. WC will send an email to all staff in mid March, inviting them to participate. Information will be included in the March 27th Staff Bulletin. Flyers have been printed and will be posted in staff areas of each school.

•Logo Update

Thinking about redesign. Council agreed that the 5 goal areas need to remain visible. Submit ideas to M. Temari.

•Next Meeting:

April 28, 4-5pm, at ESC

Submitted by M. Temari