

Melrose-Mindoro School District Wellness Committee

Meeting Minutes January 26, 2016

Present: Mary Sinclair, Beth McRae, Sarah McAdams, Del DeBerg, Jeff Arzt

Absent: Corey Peterson, Kristi Hanson, Christine Hovell, Becky Berg, Jodi Anderson, Becca Radcliffe, Sherry Scherr

Staff Wellness:

Gundersen Lutheran's Minutes in Motion registration opens 2/15/16 and begins 3/21/16. We will register the school district and again encourage teams of 5. The committee explored ways to reward winning team, no funds available. Gundersen does give away random prizes for registrants that meet the goal. A teacher won \$100.00 last year.

action: Mary Sinclair will do an all staff e-mail with information.

Mr. DeBerg will encourage at Feb. in-service.

Mary Sinclair will explore interest in a staff snowshoe walk directly after school, maybe followed by eating at a local establishment. Concern that trail conditions may deteriorate with warming predictions.

Discussed the value of Humor/Laughter and Mindfulness in Wellness. May be future in-service topics.

Student Wellness:

It is noted that many teachers are conscientious regarding using Brain Breaks, Go Noodle exercises, physical activity for class rewards, and encouraging healthy snacks/treats. How do we acknowledge and share their ideas and efforts? Discussed developing a Wellness Bulletin Board and having a "shout out" during morning announcements.

How to get the word out and encourage students to fully utilize new bottle filling water fountains in Melrose? Will ask that information be included when a letter is being sent home with elementary students.

Plan to invite Parent Teacher Organization to participate in Wellness Committee.

Wellness Wednesday: On Wednesdays a health tip will be included in morning announcements and an email blast to staff (exercise tip, recipe, etc). Gundersen Lutheran's wellness site will be a resource.

Community Wellness: Snowshoe walk discussed and decided to limit to staff given time constraints and organization needed.

New, active committee members needed.

Next meeting is 3/15/16 @ 3 p.m. in Mr. DeBerg's office.

Mary Sinclair RN

Wellness Coordinator