

## WELLNESS HEALTH COUNCIL

### MEETING MINUTES

October 25, 2022 at 3:00pm

Members present: MK Templin, Chris Krott, Matt Splain, Fawn Miller, Jodi Flexman, Lindsay Burns, Nicole Graham, Erin Jackson, Colleen Sudbrook, Michelle McNett, TJ Magro, Nickie Garthwaite

New members welcomed. Still need student representation and member of the public. Mr. Witmer invited to join the group.

No updates needed for the Wellness Policy.

No updates from Food Services at this time.

**NEW BUSINESS:** Triennial Assessment of Wellness Policy: The process of assessing our wellness policy has begun. Looking for areas of opportunity for improvement. It is recommended to identify one goal from the following categories: Nutrition Education, Nutrition Promotion, Physical Activity, and other School based wellness activities.

Discussion ensued regarding possible opportunities and things that are happening or are in the works. It was felt that the Ag Program has been and will continue to be an asset for our wellness efforts. The OE Elementary PTO offers several programs as well. Drug and Alcohol Representatives are presenting in the 5<sup>th</sup> and 6<sup>th</sup> grade classrooms. Apple crunch day returned this school year. All in all, seeing positive things happening for Wellness at OE.

**OLD BUSINESS:** Mr. Splain is pursuing information regarding potential employee wellness opportunities. Highmark looked at the IU9 usage of health insurance and identified areas for improvement. Usage of preventive measures noted to be low. There is going to be some money available from the insurance consortium to possibly promote employee wellness by offering programs for disease management such as diabetes and heart, etc. Mr. Splain and Mrs. Templin have been trying to set up a time for a group to come in to do metabolic assessments with staff, but no luck so far.

Discussion regarding opening school buildings to the public for walking, basketball, &/or volleyball ensued. Issues identified include safety concerns and someone having to be in charge,

#### **Open discussion:**

Nicole Graham expressed interest in promoting employee activities.

It was suggested to bring a nutritionist in to speak to students regarding healthy eating.

Indoor air quality is not currently in written wellness policy, however, the district recently updated systems to improve the air quality of the buildings. Consider adding to the policy.

MK encouraged members to bring any ideas for wellness activities to the table.

Next wellness meeting scheduled for Tuesday, March 14 at 3:00 in Room 111 at the high school.

Respectfully submitted,

Mary Kay Templin

Christine Krott