

**Wellness Committee Meeting**  
**December 20<sup>th</sup>, 2017**  
**Manteno HS Conference Room**  
**3:15 p.m.**

1. EBC Wellness Program Tier 2 Criteria
  - a. Create wellness committee and hold at least three (3) meetings per year (last meeting 05/04/2017) – **Need next meeting date**
  - b. Wellness Opportunities/Resource Assessment (only required the first year)
  - c. Employee Wellness Interest Survey (Completed 02/21/2017)
  - d. Establish mission and (one) wellness goal (**Need to establish mission and goal**)
  - e. Senior leadership memo (Lisa will be sending out this week)
  - f. Implement an “Action Based” program and offer program to employees
    - i. Online education modules
    - ii. Physical activity program (Yoga, Friday morning guys basketball, KickBoxing class, open exercise rooms at each of three schools)
    - iii. Nutrition program (Fresh Fruit Fridays with info, Hydration Challenge)
    - iv. Stress Management Program (Mindfulness programs by Supt.)
    - v. Onsite seminars and activities (sports team participation, walking club, onsite fitness participation, etc.) (Yoga, Friday morning guys basketball, KickBoxing class, open exercise rooms at each of three schools)
2. Tier 3 – Beat the Trend (completion of Tier 1 and Tier 2 required)
  - a. Districts can get an additional .25% of the district’s projected annual premium by outperforming their prior year’s health trend or by remaining in the “healthy” range according to Interactive’s Health Index.
  - b. 2016 – 64% - \$9,330 – 140 participants
  - c. 2017 – 70% - \$9,830 – 147 participants
  - d. **Goal for 2018 (Dist. Paying for those ineligible) – Currently 109 signed up. (EL – 37, MS -34, HS – 38)**
    - i. Score of -20 to 0 (Healthy) – (Ours was -6)
    - ii. Score of 1 to 25 (Moderately Healthy)
    - iii. Score above 25 (High Risk)
3. Upcoming events
  - a. Wellness Screenings –Three phlebotomists and receptionists (HS and EL)
    - i. January 23 – Elementary 6-10 a.m. (test at lab closes 02/09/2018)
    - ii. January 24 – Middle School 6-10 a.m.
    - iii. January 25 – High School 6-10 a.m.
    - iv. Month of February – Frugal February Challenge
    - v. Month of March –
    - vi. Month of April 27<sup>th</sup> – Pinnacle Dermatology coming Friday, April 27<sup>th</sup> – Skin Cancer Screenings
    - vii. Month of May -

## Sample Mission Statements

1. We believe our employees represent our most important recourse; that their health and well-being are crucial, not only for themselves and their families, but also to the students and their families, which assists in reflecting the educational and social-emotional goals of this organization.
  
2. The mission of the Manteno CUSD 5 Wellness Committee is to promote and support programs that encourage the wellness of Manteno CUSD No. 5 employees.
  
3. The mission of the Manteno CUSD No. 5 Wellness Committee is to establish and maintain a workplace that encourages environmental and social support for a healthy lifestyle.
  
4. The mission of Manteno CUSD No. 5 Wellness Committee is to support employees in making healthy choices with their work and home lives.
  
5. It is the mission of the Manteno CUSD No. 5 Wellness Committee to promote the health and wellness of staff through education and initiatives that:
  - Encourage habits of wellness
  - Increase awareness of factors and resources contributing to well-being
  - Inspire and empower individuals take responsibility for their own health
  - Support a sense of community.

Members:      Lori Weedon  
                    Shawna Hoots  
                    Kristie Trumble  
                    R.J. Haines  
                    Kim Couch  
                    Lynn Davis  
                    Melissa Saathoff  
                    Dawn Murphy  
                    Kristi Lengel  
                    Deb Fortin