

Wellness Committee Meeting Minutes
December 20th, 2017
Manteno High School Conference Room 3:15 p.m.

Those in attendance: L. Weedon, S. Hoots, R.J. Haines, K. Couch, L. Davis, M. Saathoff, K. Lengel and D. Fortin.
Absent – K. Trumble and D. Murphy.

The Wellness Committee met today and discussed the Program Tier 2 Criteria from EBC. (EBC reimburses our District based on certain criteria for those participating in the Wellness Program). They include:

- a. Create Wellness Committee and hold at least three (3) meetings per year. Our last meeting was held May 4, 2017, this meeting, and our next meeting will be held January 29th, 2018 after the wellness program.
 - b. Wellness Opportunities/Resource Assessment (only required the first year)
 - c. Employee Wellness Interest Survey – The staff has completed the survey on February 21, 2017.
 - d. Establish mission and wellness goals – Discussion was held and the following mission statement and goals were adopted by the committee – Moved by Kristi Lengel and seconded by Melissa Saathoff. Voice vote – all ayes.
 - i. **We believe our employees represent our most important resource; 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.**
 1. **Our goals include:**
 - a. **Encourage habits of wellness**
 - b. **Increase awareness of factors and resources contributing to self being**
 - c. **Inspire and empower individuals to take responsibility for their own health**
 - d. **Support a sense of community**
 - e. Senior leadership memo - Sent out by Supt. Harrod on 12/19/2017
 - f. Implement an “Action Based” program and offer program to employees
 - i. Online education modules – Offered thru BCBS Wellness Program
 - ii. Physical activity program - Yoga (four sessions in Dec. and Feb.), Friday morning basketball at the High School, morning Kickboxing class (second semester), open exercise rooms at each of three schools available to all staff, Christmas Cardio and walking program information being disbursed.
 - iii. Nutrition program - Fresh Fruit Fridays with info, Hydration Challenge, various healthy nuts with nutrition information distributed. Working on having lunch and learns with Kankakee Natural Foods and possibly others.
 - iv. Stress Management Program – Mindfulness presentations by Supt., yoga and Nurse Couch has introduced the Calm Ap at the EL and will work with the MS and HS next semester.
 - v. Onsite seminars and activities - We agreed all in item ii would fit under this category as well as well as one HS administrator had a “walking meeting” which went over very well!
2. Tier 3 – Beat the Trend (completion of Tier 1 and Tier 2 required).
- a. District can get an additional .25% of the District’s projected annual premium by outperforming the prior year’s health trend or by remaining in the “healthy” range according to Interactive Health’s Index.
 - b. We talked about previous participation and our goal for this year:
 - i. 2016 – 64% - 140 participants = \$9,330 in returns to be used for wellness programs.
 - ii. 2017 – 70% - 147 participants = \$9,830 in returns to be used for wellness programs.
 - iii. 20180 - Could we have a goal of 200 participants this year?

3. Upcoming events include the following:
 - a. Wellness Screenings – Three phlebotomists and receptionists (HS and EL) and two at the MS.
 - i. January 23 – Elementary School – 6 – 10 a.m.
 - ii. January 24 – Middle School – 6 - 10 a.m.
 - iii. January 25 – High School – 6 – 10 a.m.
 - iv. Participants who cannot attend these scheduled dates/times can go to a preapproved lab and still get credit for the program until February 09, 2018
 - v. Month of February – Frugal February Challenge and Heart Health Awareness
 - vi. Month of March – TBA – Possibly “Couch to 5K” program
 - vii. Month of April on the 27th – Pinnacle Dermatology will be coming for staff skin cancer screenings at no charge to our employees.
 - viii. Month of May – TBA

At the next meeting we will review the results from the wellness screenings and also discuss plans for March and May.

Motioned by Haines, seconded by Davis to close the meeting. Voice vote – all ayes. The meeting closed at 3:37 p.m.

Respectfully submitted,

Deb Fortin