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# Wellness Committee

Tuesday, April 11, 2023, 4:00-5:00 p.m.

De Soto #73 Public Schools

## Attendees

~~Josh Isaacson, Superintendent~~

~~Josh Aylesworth, Physical Education Teacher~~

~~Laura Elam, Physical Education Teacher~~

~~Whittney Carter, Athena Principal~~

~~Wendy Campbell, Core Data~~

~~Kim Kingsland, Physical Education Teacher~~

~~Amanda Pruitt, Physical Education~~

Debbie Killingsworth - SPED Director

~~Ron Farrow, Assistant Superintendent~~

~~Matt Buechting, Physical Education Teacher~~

Sara Brinkmann, SFE Food Service Director

Dustin Washam, Vineland Principal

~~Jon Roop, Athletic Director/DHS A.P.~~

~~Jason Jovi, Physical Education Teacher~~

Dawn Brown, DJHS Nurse

## Agenda

### Last Meeting Follow-up Items

#### Agenda Follow-up Item:

##### Last Meeting Actions:

Wellness Committee members were asked to provide feedback to share thoughts for the Wellness Incentive Plan ideas to be shared with the insurance committee on January 5, 2023.

##### Communication:

*The Insurance Committee is excited to announce wellness incentive opportunities for this school year. Each "full-time" Certified and Classified staff member is eligible for up to \$175.00 for completing wellness activities or submitting for reimbursement for related wellness items.*

### New Business

Total Time Allotted 1 Hour

1. Objective
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- What is the De Soto School District Current Reality in Relationship to the Wellness Program?
  - Many things take place at each building, however, we need to coordinate these events better for our community students, and staff so that the events will serve more students and community members.
  - Wellness Day?
- Thoughts on bringing back the monthly wellness letter, in past years sent out by the nurses?
  - Possibly doing quarterly (ex: October Breast Cancer Awareness, Winter - Nutrition/Wellness, February - Jump Rope for Heart/Health, Spring - Mental Health)
  - Focus Areas
- Discussion of who would need to be included in the committee for next year.
  - Add Principals, Nurses, Mrs. Kasmarzik, and Mrs. Hartgrove
- Who will lead the meetings?
  - Ms. Brinkman, SFE
- SFE- has been conducting classroom activities and sending monthly newsletters.

Open Agenda-

## Follow-up Items

- Add Wellness Policy to the MUSIC training for all faculty/staff at the beginning of the new school year.
- Communicate the Wellness Policy to parents/guardians

## Next Meeting Agenda Items

Future Meeting Dates:

TBD