

Wellness Committee Meeting

9.4.18

Janis, Hae Sue, Maria, Marcela, Erika, Meredith, Akshada, Sabine

Meetings are every other Tuesday at 1pm this year, rotating houses

Hae Sue: Board making notes of parents moving on to the high school next year
Meredith, Hae Sue, Erika, Janis, plus many board members- big transition for 2019-20
Carrying over \$17K from last year in PTSA budget

Announce a No obligation wellness social- someone's house w/champagne party or wine get together?
Jeanette can identify 6th grade parents- Rachel Pemble has the list from each school- recruit for PTSA in general and also wellness committee fun evening.

Announce at curriculum night-

- Heathman (for all after curriculum nt)- **Janis** will reach out to GM there
- Wellness Committee social- Chainline? Friday Oct 5th 6pm? (**Meredith** will contact them)

Janis: Green team update- share table idea, can work together, Riley Roth new staff member on that team, gave them our wellfest waste signs for Commons.

Maria: Children's Hospital- suicide prevention program training for schools and staff (maria can ask)
How to take away the stigma so kids will talk to us/staff, give messages to middle school kids before they stop talking to us in high school. Discussed many instances where professionals keep saying intervention/knowing how to ask for help needs to start earlier

Turkey Trot- \$50 in budget , Nov ?? (confirm date) - **Erika** will contact Hopelink contact (**Janis** will send) to get it set up again

Need to sort details (code/pricing/marketing and communication, Debbie's ok, etc)

Incentive Program- launching for staff this year to minimize food/sugar rewards. Debbie on board with simple plan. Need a process for how this will work. Email or form from staff with request was initial thought. Idea of creating a 'box' for each class came up- may be more expensive? What would you want in there? This should be top of our list for next meeting.

Ask Hae Sue what \$ number got approved. Ask Debbie/staff- prefer on demand or prize box?
Bigger prize make tickets to have a chance to win- single/class rewards- more complicated process. Start simple? See if it gains traction.

WellFest- feedback was to make the event a 'during' school activity instead so more can come, 600 kids total. Bring more into the school, be more inclusive. Challenge to scale: cost, volunteers, etc but let's have the discussion of how it may be able to work?

WellFest Pop-Ups- another idea to consider- one lesson at school on specific topic- maybe sign ups at lunchtime.

Next meeting: 9/18 @ Erika's house 1pm, 747 14th Ave W

