

Wellness Committee (Meeting #3)

Date: Monday, January 15, 2024

Boardroom – District Office

Time: 4:30-5:30pm

I. Welcome Back – Introduce Team to New Committee Members

PRESENT Beech Street Preschool -	Kaprice Chuskia	kchuskia@cortez.k12.co.us
PRESENT (virtual) Mesa Elementary -	Roxanne Stevens	rstevens@cortez.k12.co.us
Kemper Elementary -	Liliana Baker	lbaker@cortez.k12.co.us
PRESENT M-CMS -	Michelle Waltman	mwaltman@cortez.k12.co.us
M-CHS -	PENDING	
Buses -	Yolanda Mark	ymark@cortez.k12.co.us
Maintenance/Custodial	Melisa Jeter	mjeter@cortez.k12.co.us
Nutrition Services	Elvia Martinez	emartinez@cortez.k12.co.us
	Maria del Carmen Reyes	mreyes@cortez.k12.co.us
PRESENT Administration -	Dave Robinson	drobinson@cortez.k12.co.us
District -	Danielle Brafford	dbrafford@cortez.k12.co.us
	Cynthia Eldredge	cynthia.eldredge@cortez.k12.co.us
PRESENT	Lisa Megel	lmegel@cortez.k12.co.us
PRESENT Non-Exempt -	Carrie Hrvatin	chrvin@cortez.k12.co.us
PRESENT	Rosa Dimon	rdimon@cortez.k12.co.us

Dave, Melisa, and Roxanne have recruited for the campuses that had yet to identify a Wellness Champion. If your name appears on this list and you will not be available for the upcoming meetings, please let us know. In order to succeed for your campus we need a representative for each meeting.

Next Meeting Date: Monday, February 19th 4:30-5:30pm

Monday, March 25th 4:30-5:30pm (Monday after Spring Break)

Monday, April 15th 4:30-5:30pm

Monday, May 20th 4:30-5:30pm (The last week of school)

Previous dates conflicted with SAC schedule.

II. Committee Responsibilities

- Encourage wellness participation.
- Representative will share information and events details for their specified campus.
- Support Sick bank planning. (This has been tabled)
- Create/Plan/Brainstorm fun wellness ideas for the school year.
- Support benefits information and access.

III. **Wellness Committee Goal:** To take the 2024 Wellness Fair to the next level. Find a plan/system to use for Wellness Challenges. In turn Maximizing the Wellness reimbursement available through Anthem. Biggest bang for our buck.

IV. Step Challenge

Rosa reviewed options for a step challenge set up manually

<https://www.wellable.co/>

Ordering pedometers to allow for step challenges. (This will be charged to the wellness reimbursement fund.) These can be signed out at HR.

Currently looking at running a step challenge beginning in mid to late February.

V. January 2024 Meeting -Wellness Fair for Fall 2024

Ensure date is included in the annual district calendar.

Earlier in the year as a Welcome Back and a thank you, we appreciate you and your health.

Late September or early October.

SURVEY: Human Resources Team to send out a survey reviewing the interest in challenges and prizes for Wellness. _____

Identify questions

Wellness Fair 2023

Set date and time: November 10th 10am-2pm

Created a letter explaining the event to local businesses. Sent via mail in September 2023

Created a spreadsheet of businesses to contact. (Determine depth of topics/specialties to be covered by vendors.)

Complete Facilities Request Sheet, submit to location and facilities team.

Limited snacks for participants

Budgeted for prizes and requested prizes from our insurance providers.

Compiled list of confirmed attendees.

Sent a survey to all staff to determine potential participation and use for blood work and flu shots.

Reminder email sent out one week prior to event.

Volunteer for check in booth.

Worked with facilities for set-up and extra supplies such as extension cords, rugs and additional waste baskets.

Created fun cards to encourage participation at booths. (3 mandatory and 3 choice locations)

Names were entered in to drawing, prizes awarded at the event and after through HR.

Fun activities such as hula hoops at the entrance.

Wellness Fair 2024

Set new date and time: Shorten event to 3 hours (possibly 10am-1pm)

Looking at late September/early October

Revise letter from 2023 and email out in early August 2023.

Revise Spreadsheet of business participants from 2023, add new possible contacts and those that expressed interest in returning. **Whole Wellness Team to pass along contacts during the year that would be good for a Wellness Fair.

ADD: Hearing Tests & Eye Tests

Additional Blood Work

Add someone that does sensory or scent-based wellness (no scents used at Wellness Fair)

Create/budget for food and snacks for those attending. Healthy, simple accessible options.

Provide Gift Bags/Gift Item for the Vendors that Participate (with our Logo to promote us crazy socks or a punch pass for games)

VI. Additional Suggestions

Add a Picnic – outside BBQ, horseshoes, cornhole Spring Pick Me Up for comradery and pick me up, friendly competition, relays, sack races at a park, or on the field using wellness funds.

VII. Wrap Up