

Wellness Committee

Wednesday, November 8, 2023

Boardroom – District Office

Time: 4:35-5:35pm

I. Introduction of participants

PRESENT: Beech Street Preschool -	Kapriecia Chuskia	kchuskia@cortez.k12.co.us
PRESENT: Mesa Elementary -	Roxanne Stevens	rstevens@cortez.k12.co.us
ABSENT: Kemper Elementary -	Liliana Baker	lbaker@cortez.k12.co.us
ABSENT: M-CMS -	Brielle Preskenis	bpreskenis@cortez.k12.co.us
M-CHS -	PENDING	
Buses	PENDING	
Maintenance/Custodial	PENDING	Melisa Jeter mjeter@cortez.k12.co.us Added 11/9/2023.
Nutrition Services	PENDING	
PRESENT: Administration -	Dave Robinson	drobenson@cortez.k12.co.us
PRESENT: District -	Danielle Brafford	dbrafford@cortez.k12.co.us
PRESENT	Cynthia Eldredge	cynthia.eldredge@cortez.k12.co.us
PRESENT: Non-Exempt -	Carrie Hrvatin	chrvin@cortez.k12.co.us
PRESENT:	Rosa Dimon	rdimon@cortez.k12.co.us

II. Scheduling future meeting dates/times

The committee will meet as follows:

Once a Month for an hour

On a Monday

4:30-5:30pm

Next Meeting Date: Monday, December 18th, 2023

Tentative Meeting Dates for 23/24 School Year (The Boardroom is blocked for these tentative dates.)

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

Monday, February 12th 4:30-5:30pm

Monday, March 11th 4:30-5:30pm

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

Monday, May 13th 4:30-5:30pm

III. Goals for the Wellness Committee

Focus on wellness for all staff. (This is not solely for FT using benefits.)

IV. Committee Responsibilities

- Encourage wellness participation.
- Representative will share information and events details for their specified campus.
- Support Sick bank planning. (Confidentiality waivers to be signed at the December meeting.)
- Create/Plan/Brainstorm fun wellness ideas for the school year. (Bring ideas from colleagues.)

- e. Support benefits information and access.

V. Ideas/Approaches shared during November 8, 2023, meeting.

- a. Determine ideal forms of communication. Email overload.
- b. Reviewed Wellness Funding through Anthem – look at how to spend the year end and planning for 2024.
- c. Challenges
 - i. Step challenges
 - ii. Wellness buddy
 - iii. Partners from other campuses to create connections.
- d. Wellness Wednesday Email/Facebook or designated site campaign
- e. Offer fitness classes on site (Lisa Megel offered to teach Tai Kwon Do and Cardio Kick Boxing)
- f. Identify wellness site to sponsor, using funds effectively for the masses. (My Fitness Pal, Virgin Pulse, Daily Endorphins, Calm etc.)
- g. Wellness Calendar
- h. Montezuma Meet Up – Designated staff members rotate running fun active or connecting events throughout the year. People take turns hosting/organizing the events each month/bi-weekly.
- i. In person thank you and connections for mental wellness.
- j. Connect with Anthem regarding which items can be included in the Wellness Reimbursement.
- k. Identify what is important to the individual – Survey Monkey Wellness Survey
- l. Healthy lunch options at meetings – Like Special Salad Day
- m. Work to pursue a deeper discount at the Rec Center
- n. Advice from a dietician
- o. Having accountability
- p. Working to address CSDSIP our current insurance carrier, being proactive.
- q. Be involved in renewal and plan changes and updates.
- r. How to we share out Wellness if people are on INFO overload
- s. Bulletin boards for teachers/staff in strategic locations
- t. Toilet Training
- u. Clickbait

VI. Wrap Up