

Wellness Committee

Date: Monday, December 18, 2023

Boardroom – District Office

Time: 4:30-5:30pm

I. Welcome Back – Hoping to grow our Wellness Team

Present /Beech Street Preschool -	Kaprice 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
M-CMS -	Brielle Not Available M/L Need an additional person from MCMS	
M-CHS -	PENDING	
Buses -	PENDING	
Present / Maintenance/Custodial -	Melisa Jeter	mjeter@cortez.k12.co.us
Nutrition Services -	PENDING	
Present / Administration -	Dave Robinson	drobinson@cortez.k12.co.us
Present / District -	Danielle Brafford	dbrafford@cortez.k12.co.us
Absent	Cynthia Eldredge	cynthia.eldredge@cortez.k12.co.us
Absent	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

[Melisa and Roxanne are trying to recruit for the campuses that have yet to identify a Wellness Champion.](#)

REVISED Next Meeting Date: Monday, January 22nd 4:30-5:30pm

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. (Discussed Wiggins School District and the Greely-Evans School District Wellness Annual Report.)
- Representative will share information and events details for their specified campus.
- Support Sick bank planning. (This has been tabled until January 2024)
- Create/Plan/Brainstorm fun wellness ideas for the school year. (Bring ideas from colleagues and host a planning meeting for January 2024.)
- Support benefits information and access. (The team is still trying to identify best mode of communication.)

The **Present** team members signed the confidentiality agreement on 12/18/2023.

We were asked to hold off on reviewing the Sick bank request until further notice. Per Danielle.

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.

Planning and revisiting the 2023 Wellness Fair at the January 2024 meeting. Bring notes from each campus and the follow-up details from the November 2023 event.

III. Progress and Additional Planning:

- a. Planning a step challenge. (Rosa discussed some online options – working on gaining access to Wellable for challenges.
- b. Using a formal online system to help organize events/challenges. (Organization, best use of funds and cross campus connection.)
- c. Rosa discussed online systems that have been viewed and have potential. (Virgin Pulse, Wellable, etc.)
- d. Discussed planning out reimbursement funds; estimated \$7,000 Health Fair, \$6,000 Wellness site, \$3,000 for prizes, tools like pedometers and wellness opportunities on campus.
- e. VIP Discussed setting a date for the Wellness Event and planning it into the District Schedule. This will allow us to gain the highest attendance. See Cynthia/Eddie/Danielle for advanced planning for the Professional Development Days in 2024.
- f. Ideally schedule Wellness Fair early in the year, late September, or early October as a thank you and appreciation for the staff.
- g. Human Resources Team to send out a survey reviewing the interest in challenges and prizes for Wellness. Action this by Thursday, December 21st.

IV. Wrap Up