

Timberlane Regional School District Minutes Template

Wellness Committee Meeting Draft Notes

MINUTES

OCTOBER 6, 2016

4:00-5:00

HIGH SCHOOL LIBRARY

TYPE OF MEETING	Wellness Committee Meeting
FACILITATOR	Susan Sherman, School Board Member and Susan Rasicot SLT Member
ATTENDEES	Susan Sherman, Jack Sapia, Donna Greene, Susan Rasicot, Elizabeth Rincon, Joan Fredericks, Laura Lipfert, Maria Menczywor, John Fratiello, Tracy Fuller, Mike Hogan, Patti Mangini, Deborah Armfield
AGENDA	Mission, Vision, Goals

Agenda topics

[TIME ALLOTTED] REVIEW OF THE WELLNESS POLICIES

DISCUSSION	Mission: Wellness Committee is sharing the Wellness committee work at the building level. Every building has a Wellness Committee and they meet to discuss the needs of the building.	
	Mindfulness is something that we need to look into regarding the school district. Donna has asked if we should look at the other possible policies and make recommendations.	
CONCLUSIONS	For December meeting, Bring other school board policies that pertain to Wellness. The group will provide suggestions for consideration.	
	Keep the Mission and Vision of the Wellness committee with the same goal. Some revisions made to the vision.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Meeting notes 4.7.2016 accepted unanimously	Wellness Committee	10/6/2016
Tim Lena made a motion and Joan Seconded the Motion to approve 4/7/2016 minutes.	Wellness Committee	10/6/2016

[TIME ALLOTTED] DISCUSSION OF HEALTH TRUST INITIATIVES

DISCUSSION	Health Trust participate in the Wellness Fair to support the staff with Health Screening. Susan shared that there are municipality and community members that also use this screening.	
	Red Cross wants to participate for a full day. Discussion regarding the parking being optimal when the sports are not in session.	
CONCLUSIONS	Wellness sub-Committee provide request for the Health Trust to support educating staff regarding incentives to reduce health care cost.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Patti Mangini to follow up with the Red Cross	Patti Mangini	ongoing
Patti Mangini and sub-committee team to follow up with meeting next month	Patti Mangini	ongoing

[TIME ALLOTTED] CONFIRMED DATE FOR THE WELLNESS FAIR AND SUBCOMMITTEE

DISCUSSION	March 15, 2017 is the approved date for the Wellness Fair. Continue the updates regarding the supports for the community.	
	Joan, Maria, Patti, Tim and Kathy are members of the sub-committee and will meet next Month for a planning meeting.	
CONCLUSIONS	Patti will provide a date for the sub-committee meeting and we will continue to seek new vendors for the fair. The subcommittee will meet next month to plan for this Wellness Fair. Wellness Committee members should continue to discuss new vendors for the Wellness Fair.	

Timberlane Regional School District Minutes Template

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Patti Mangini provide sub-committee date to meet for Wellness Fair	Patti Mangini	11/2016

[TIME ALLOTTED] TASK FORCE DISCUSSION

DISCUSSION	<p>A possible Task Force to have different speakers who would appeal to a variety of students. Provide different topics throughout the year to speak to the students. Jeff Allison, Major League Player. Salem feedback was highly positive. Guest speakers throughout the year. Susan Rasicot to look into this guest speaker and determine appropriate groups to hear this message.</p> <p>James Arriga speaker meaningful involvement. SOROCK can help with this speaker. SOROCK is sponsoring James Arriga this year with information shared by Tim Lena. Tim shared that the budget for Timberlane guest speakers has been cut. Further information shared is that SOROCK will provide \$1500 for guest speakers.</p>	
CONCLUSIONS	Wellness Committee members should continue to share guest speakers that will support our students understanding of healthy lifestyles.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Wellness Committee provide names of guest speakers	Wellness Committee	Ongoing

[TIME ALLOTTED] NEXT MEETING DATE AND THE COMMUNICATION
OF HEALTH CARE COST REDUCTION

DISCUSSION	<p>The next meeting will be in December the first Thursday of the month and community and committee reports should be prepared for discussion.</p> <p>Donna asked that we continue to inform the employees of Health Trust rewards for the proactive health initiatives. Reduce insurance rates emails are sent and information is shared with staff who are participating in the program. Health Trust staff should also attend the Wellness Fair to support improved knowledge of the incentives that will reduce health care costs.</p>	
CONCLUSIONS	Report out for the meeting in December 1, 2017.	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Donna Green provided Joan with the incentives to share with the Wellness Sub-committee members.	Wellness Sub-Committee	11/2016

OBSERVERS	
RESOURCE PERSONS	
SPECIAL NOTES	Meeting Adjourned at 4:45