



2023-2024 Local Wellness Committee

Agenda

Wednesday, March 6, 2024, 11:00 a.m. – 12:00 p.m.

Aslin Training Room

Meeting Minutes in red. Powerpoints and transcription of meeting available from Zoom.
Call to Order – By Bridget Lolli, CPS Wellness Coordinator

Old/Unfinished Business

- Wellness Committee Additions
 - Angela Eldridge, parent – New wellness committee member will join us next meeting.
- Wellness Initiative Updates
 - Employee events – Couch to 5K to train for Molly's Miles 5K, Step Challenge just ended and looking to renew contract with Move Spring, new logo and getting t-shirts made. Employees can meet at 4:30 to walk/run at the MLK trail head to help train for 5K.
- Triennial Assessment
 - School Health Index update – 70% of schools completed the SHI (11 modules). Some have partially completed it.
 - Wellness Policy update – MSBA put out a new policy in 2020 – The new wellness policy was brought to Carla London on the policy committee so it can be brought to the policy committee and the full board in April to review.

New Business

- Staff Wellness
 - Current State of Employee Well-Being Survey – Bridget reviewed results of survey – see powerpoint. Some thought the absence and sub data seemed high for this year. Bridget will recheck the data and work on defining the metrics. She will follow-up with the committee during the next meeting. Laina suggested that HR be added to the wellness committee so they can talk about sub fill rates. Laina invited Joey Schenz from to attend.
 - Health Expo – Dana Jones reported that the Health Fair will now be the Health Expo. Looking at October 3 and 4th. This is pending final decisions on professional development days and the impact on the final school year calendar for 2024-25. During the Expo employees can get a Metabolic panel, lipid panel, and much more for a discounted rate. Dermatologists there. UMR and Dental. EAP. Community organizations will be invited. FACE, MU Extension, CCUA, and more. Location of the Expo is pending. Possibly High School gym.
- District Wellness Committee
 - Bridget presented on the Mission Statement, Vision, & Values – see presentation from Zoom.
The committee discussed the draft mission (which is a version of CDC's and Healthy School's mission). The committee proposed changing "ability to learn" to "achievement" and "whole child" to "school community".
Mission: To promote health, wellbeing, and achievement by supporting the school community: physically, emotionally, and intellectually, and socially in a healthy school environment.



Proposed Vision: Create a unified culture of wellbeing across schools so all students and staff can thrive.

Values – The SHI will drive a lot of this. Table for now.

- Student Wellness – see Bridget’s presentation for details.
 - For every \$1 spent on employee wellness, an employer can save \$2.73.
 - Diabetes most costly.
 - Leaders should be wellness role models.
 - Bridget talked about she has been working as a lunch room and recess monitor. More educators needed to do this.
 - Suggestion: Inviting staff to high school yoga classes.
 - Align health & wellness with CSIP – Align our goals with the CSIP. Maybe have a home school communicator on the wellness committee?. We can promote certain practices to promote wellness. Ex: Recess should not be used as a consequence
 - Next meeting late April or early May

Action Items

-Solicit buildings to complete School Health Index

-'24-'25 wellness committee goals

Can't make it in person? Join Zoom link

<https://cpsk12.zoom.us/j/3455623585?omn=95571383889>

Meeting ID: 345 562 3585

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