

## Wellness Committee Minutes 10-22-15

**Present:** Kristen Foote, Marion Higman, Brian Wright, Patty Leader, Sue Kratochwill, AnneMarie Kanoza, Colleen Natale, Lindsey LaDue, Marilyn Sindone, Amy Byrne

**Introduction of New Members:** We still need representation from Durgee. Kristen is hoping someone on the committee can persuade a Durgee staff member to participate. Lindsey LaDue is our new nutritionist and is willing to come to schools and speak to students. She has already been to the modified soccer team and HS health classes to discuss nutrition and sports.

**Updated Wellness Policy:** Kristen reported that we are still in the process of updating our district policy. Brian reminded us that the deadline is next month. The policy on the website also needs updating. Kristen asked about the committee meeting to finish updating what we started last spring. The committee decided that we would meet right after the November 3<sup>rd</sup> PDC day at Baker. Kristen will secure a room. We will meet at 1:30 and get the new policy finished at that time.

**Blue Cross/Blue Shield:** Kristen and Brian met with the representatives a couple of times this summer. The goal of the program offered by BC/BS is for a Healthier Workplace. There are cool things on their website that we can access, such as webinars and videos for teachers/staff. They recommend screening and to supplement doctor's visits with tests. O'Brien and Gere does this program and it is very well received by the employees. Kristen talked to Beth Evancheck after BC/BS said they would sponsor a publication for employees. The committee discussed the possibility of having representatives come to our November meeting to discuss the program with us, first, before we present it to the district employees here.

With the incentives offered through BC/BS, we also discussed the fact that the district is now at 78% generic for our prescriptions. If we get to 79%, it will save the district \$100,000. Then we would be able to afford these other programs that BC/BS is offering. We discussed "bribes" to get teachers to come and listen to a representative from the insurance company. Possibly offering something from Walgreens, as they are always willing to provide staff incentives for wellness! After we get the policy updated in November, the committee will work on this.

One idea that was discussed was to have a variety of pharmacies come to our February PDC day to talk to staff.

**Concussion Management:** With the new guidelines, it was discussed including this in the middle school and high school Health curriculum.

**Wellness Days:** VanBuren's will now be on a ½ day. Elden is adding intramural sports after school. McNamara is doing winter snowshoeing. Impact Martial Arts has offered to come to any school to discuss sports with the students.

**Next Meeting:** November 3<sup>rd</sup>, at Baker High School at 1:30.