

Wellness Committee 2019-20

Agenda

8/7/19

Glen's Office

Chairperson: Ruben Paschal

Members present: Meghan Stock, Melissa Nixon, Sarah Bandfield, Theresa Ross, Janelle Emard

9:00 Introductions

1. Review Committee Charge
2. Committee Process
 - a. Advisory
 - b. Employee and Student focus
3. Identify building representatives (champions)
4. Set Future Meeting Dates
5. Contact Groups set up on email
6. Information posted to email for employees
7. Ideas for wellness program options
8. Discuss:
 - a. District Inservice
 - i. fun run and prizes
 - ii. meal menus
 - iii. panel discussion session
9. Future conferences
10. Grant opportunity

Adjourned: 10:40