Staff Wellness Minutes
3-19-2013

Present: Carrie Miller, Kim Bulgrin, Kathy Buck

Goal 1: *We will help create/build a school wide community between employees.*

Goal 2: *We will provide physical and mental health opportunities.*

Spring WellnessChallenge: Many staff members have asked if we can host Wellness Bingo again this year. It was decided that would be a good spring activity. It will run April 1-28th. Prizes will be a free jeans day.

Kim is modifying and adjusting last year's activity to meet this year dates. Once completed Kathy will pass them out to the 3-12 building, Kim and Mary will pass them out to the primary building and the bus garage.

Winter Wellness Challenge: This was a big success! We had 42 people signed up to participate. The free jeans day prizes were a huge hit.

Blood pressure checks: We'd like to sponsor a blood pressure check for all staff in May. We are working on organizing this with Nurse Kelly.

Next meeting date: Will be announced.