

Health & Wellness Committee Update

Fall 2016

Presented by: *Michele Widmier*

This fall our Health & Wellness Committee met in October and November. We have added a few members this year to include a representative from every building so that all schools and departments have a direct link to the information we discuss at the Health & Wellness meetings. All meeting notes go back to team members with the understanding that they will share the information with their schools/departments. In addition, we will meet once a month until March this year to ensure that each of the planned events throughout the year are well organized.

At our first meeting we discussed how to allocate the \$3000 for staff wellness activities. After seeing 3 options for distributing the funds (see below), it was decided that we could do more for all staff if funds were allocated for a district level wellness activity, and none of the 3 options were chosen. Instead, the \$3000 will be used for a district level wellness event similar to years past. We are currently surveying all district staff to see what type of event they would be most interested in participating, (see survey below). We will be discussing our survey results in December so that plans can begin for the event.

In addition to a district wellness event, we have also been working with Preventative Health and the American Heart Association to provide free health screenings to all district staff and their dependents (18 years and older) and to create a little friendly competition between schools/departments by participating in the Heart Challenge. The Heart Challenge is a competition in which staff record their daily activity and compete against each other for prizes and earning their school the distinguished honor of winning the Heart Challenge. Health screenings will be held in January and the Heart Challenge will run during the month of February.

Throughout the remainder of the year, our committee will continue to work on policy reviews that impact student and staff wellness and safety throughout the district as well as discuss unexpected student, staff, or community concerns related to the health and wellness of our district. We will report to you again in April or May on the success of our district wellness event and of the health screenings and Heart Challenge.

If you have any questions or concerns, please let me know or I am happy to address those during the regular November board meeting.

Staff Wellness Event Survey Choices:

Staff will choose their TOP 2 choices

Movie	Fitness Class
Walk-a-thon	Competitions between buildings (ie. Walking Challenge)
Bowling	Massage during prep
Disc Golf	Nutrition Class
Golf Scramble	Healthy Cooking Class
Dodge Ball	Volleyball
Other	

Allocation Options Discussed:

Health & Wellness Budget Allocations - Plan A			
Total Budget	\$ 3,000.00		
School	FTE	%	Allocation
Acequia	32.5	6%	\$ 192
Heyburn	50.5	10%	\$ 298
Paul	47.5	9%	\$ 281
Rupert	56.95	11%	\$ 337
East	41.25	8%	\$ 244
West	43.5	9%	\$ 257
Minico	93.7	18%	\$ 554
Mt. H	23	5%	\$ 136
TLC/Main./Food/Dist.	66.8	13%	\$ 395
Transportation	52	10%	\$ 307

Notes: Buildings are distributed all of the allocation dollars. Maintenance & Food Service refers only to those working at Maintenance & Food Service District Department buildings. All others are included in the FTE at the buildings they work.

Health & Wellness Budget Allocations - Plan B			
Total Budget	\$ 2,000.00		
School	FTE	%	Allocation
Acequia	32.5	6%	\$ 128
Heyburn	50.5	10%	\$ 199
Paul	47.5	9%	\$ 187
Rupert	56.95	11%	\$ 224
East	41.25	8%	\$ 162
West	43.5	9%	\$ 171
Minico	93.7	18%	\$ 369
Mt. H	23	5%	\$ 91
TLC/Main./Food/Dist.	66.8	13%	\$ 263
Transportation	52	10%	\$ 205

Notes: District Committee reserves \$1000 of budget for district-level activities and remainder is distributed to the buildings. Maintenance & Food Service refers only to those working at Maintenance & Food Service District Department buildings. All others are included in the FTE at the buildings they work.

Health & Wellness Budget Allocations - Plan C			
Total Budget	\$ 3,000.00		
Sub-Committees	FTE	%	Allocation
Nutrition		33%	\$ 1,000
Student/Staff Safety		33%	\$ 1,000
Staff Well-being		33%	\$ 1,000